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Time to fall back

Don't forget — Sunday at 2 a.m. is the time to set your clocks back one hour

CRONENBERG'S BODY OF HORROR

AS MAPS TO THE STARS OPENS, METRO TAKES A LOOK AT SOME OF THE DIRECTOR'S DARKEST WORK **PAGE 25**



STAY SPOOKY SAFE

Like many homes across Edmonton, this spooky bungalow on Ivy Crescent in Sherwood Park beckons trick-or-treaters — or those who dare — to come through the makeshift graveyard for candy. Police remind children and adults to walk safely on city streets Friday night. See other safety tips, page 14.

LUCY HAINES/FOR METRO

AGLC binge drinking campaign leaves bad taste in mouth

Animated web page. Gives facts and a quiz to determine what kind of drinker you are

HELEN PIKE

edmonton@metronews.ca

You wake up on a Saturday, head pounding, dry mouth and cold sweat wondering: how much did I drink last night? How did I make it home?

You promise yourself that next time, next time you won't drink so much as you pull out your cellphone, still in your back pocket, and sift through the evidence of last night's binge-drink fuelled mistakes.

This, and worse consequences are exactly what an ad campaign from the Alberta Gaming and Liquor Commission (AGLC) is trying to prevent with its latest campaign: Thanks Alcohol.

"It's part of our low risk drinking campaign, this is one



Here's one of the images being used by the AGLC in a new campaign called, Thanks Alcohol. COURTESY AGLC

cog in our wheel," said Bill Robinson, president and chief executive at the AGLC.

"This is a campaign that in reality, folks find themselves in these types of situations unfortunately from time to time and we want to be reflective of that, but that's the worst case scenario in some instances if you use and abuse alcohol."

The sassy animated web page is filled with facts, and a quiz to determine what kind of drinker you are. The campaign cost over \$400,000, and was targeted at 18-24 year-olds to raise awareness about the

dangers of taking it too far when it comes to drinking alcohol.

Some, however, believe the campaign is in poor taste, and don't relate. On Twitter several users called the ad out for being unproductive, making fun of people with problems and perhaps suggesting that girls who drink are 'easy.'

Robinson says if you don't relate, count yourself lucky. The web page is meant to get a conversation going, and to stop people from making mistakes — some fatal — when they decide to drink alcohol.


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STK. #13A3437

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2013 VOLKSWAGEN
PASSAT TRENDLINE
STK. #13B6673

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2012 KIA OPTIMA LX
ALLOY WHEELS
STK. #13B2433

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2012 SUZUKI GRAND
VITARA JX AWD
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LEATHER
STK. #14B8502

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\$18,205



2014 FORD FUSION SE
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STK. #14B0384

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STK. #14B7385

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2014 NISSAN ALTIMA
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STK. #14B3483

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LEATHER/SUNROOF
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2013 CHRYSLER TOWN &
COUNTRY STOW N GO
STK. #13B0975

\$21,419



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LEATHER/SUNROOF
STK. #13B9848

\$22,797



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2007 BMW X5 30iS
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SXT AWD 7 PASS
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2011 FORD F150 CREW
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2005 HUMMER H2 LIFTED
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STK. #14B2446

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2012 RAM 1500 CREW
4X4 SPORT LOADED
STK. #12A9301

\$29,332



2013 GMC YUKON SLE
AWD
STK. #13B4314

\$30,433



2014 FORD FLEX LIMITED
AWD LOADED
STK. #14A0104

\$30,572



2012 CHRYSLER 300 SRT8
LOADED
STK. #12B0533

\$30,666



2013 GMC YUKON SLE
AWD, 20 INCH RIMS & TIRES
STK. #13B2800

\$32,561



2014 GMC ACADIA SLE
AWD
STK. #14B2330

\$32,655



2011 JAGUAR XF PREMIUM
STK. #11B8634

\$33,655



2012 RAM 1500 CREW
4X4 LARAMIE LOADED
STK. #12A9432

\$34,512



2014 MERCEDES C300
4MATIC
STK. #14B2781

\$36,029



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LIFTED RIMS LOTS
STK. #14B9398

\$38,131



2014 JEEP GRAND
CHEROKEE LTD DVD LOADED
STK. #14B8852

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STK. #12B9785

\$39,269



2013 FORD F150 CREW
4X4 FX4 LOADED
STK. #13A8220

\$39,779



2014 RAM 1500 CREW
4X4 SPORT LOADED, LIFTED, CUSTOM
STK. #14B6114

\$40,679



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STK. #13B1192

\$50,459



2013 RAM 3500 CREW
4X4 SLT CUMMINS LOW KMS
STK. #13D3859

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2013 RAM 2500 CREW
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STK. #12T0969

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Gary Moostoos

Elder steering clear of City Centre Mall despite ban being lifted

One local Elder says he won't be returning to City Centre Mall despite having a six-month ban revoked Thursday.

Gary Moostoos was banned from the mall on Monday for his professional dealings with people with known criminal records, according to the Elder.

The mall's general manager released a statement Thursday that confirmed the ban was rescinded and mentioned a telephone apology to Moostoos.

"We have interviewed staff involved and as a result, we are making changes immediately," reads the statement.

STEPHANIE DUBOIS/METRO

Influenza virus

Three people with confirmed cases of flu have died: AHS

Three people in the province with lab-confirmed cases of the influenza virus have died, according to new data posted online by Alberta Health Services.

It's not clear whether the deaths were the result of influenza, AHS said. If the deceased had other underlying health problems, the virus could have worsened their conditions, but not been the direct cause of death.

There is also the possibility that the influenza did not have anything to do with the deaths at all.

YASMIN JASWAL/FOR METRO



Edmonton Mayor Don Iveson has asked for more details on the number of times EPS leave Edmonton to assist RCMP. METRO FILE

Mayor's request a challenge for EPS

RCMP assists. City and RCMP police often help one another out



LEAH HOLOIDAY
leah.holoiday@metronews.ca

Evaluating out of town assistance calls by Edmonton police members in order better understand emergency resource allocations will be a huge task, said EPS.

Earlier this week, mayor Don Iveson called for EPS to provide more information on how often city members leave

the city to assist RCMP.

But according to Acting Staff Sgt. Mitch Liwczak with EPS logistics branch, it's difficult to pinpoint how many times city police would leave Edmonton for an RCMP assist.

For the most part, Liwczak said, EPS does a lot of RCMP assists inside the city.

"An assist to RCMP can be anywhere from they call us to execute a warrant on their behalf," he said. "Another (example) is death notifications."

In 2012, EPS helped with 1,042 RCMP calls, while there were 1,051 assists made in 2013 and a large majority of those are assists within the city limits.

Liwczak said in order to determine how many times the service leaves the city to assist with RCMP, officers would have to go through each of the estimated 500,000 calls received by dispatch manually and even then, it wouldn't be a fair representation, since the RCMP will often assist EPS, too.

"It kind of goes both ways," he said.

Also, certain assists could also be missed, Liwczak noted, because covert operations run through different departments might lead investigators outside of city limits, but not be recorded by the call centre.

Outside city limits

From Jan. to Oct., EPS's Air One responded to 21 out of over 3,100 calls that took the chopper outside of city limits. That doesn't include times when the helicopter was working on an EPS call that took it beyond city limits, including a vehicle pursuit.

- Earlier this week, Edmonton's police commission said it's hoping to hire 400 new officers over the next four years for a 17 per cent increase in the size of the current force.

1 NEWS

10 Minute Approvals



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Old Strathcona trying to get jump on wayfinding

Mapping shops.

App could make it easier for people to find businesses

In numbers

\$10.8M

The total plan for the proposed wayfinding rollout is \$10.8 million.

Old Strathcona is looking to get wayfinding going in the popular entertainment district and are starting with replacing and adding to some of the vehicle wayfinding that already exists.

More signs to direct vehicles to parking in the area will be added while the business owners in the area await requested funding for pedestrian urban planning.

"We have committed to working with them and will begin to do pilot or permanent work in Old Strathcona. Of course, we are waiting on the outcome of the capital budget

to see how fast and how far that can happen," said Ian Hosler with the city.

According to Old Strathcona Business Association officials, pedestrian wayfinding is a priority for businesses, which is why they want to get started on developing an Old Strathcona business directory of sorts that can be triggered when people use the city's proposed wayfinding app. "We want to do our layer so we can be prepared for that when the city does get going," said Murray Davison with the association.

The city's wayfinding project has an estimated cost of around \$10 million, with some of the individual signs fetching \$10,000 to \$15,000 each. It includes more signage both street level and in the underground and LRT pedway system.

The plan received some backlash from city council members when it was discussed Tuesday, with some unable to justify the costs of the plan in a tight budget at this time. Quickly approaching budget talks will ultimately decide the fate of the pedestrian-friendly plan for the city, something Davison sees a lot of value in.

"I think wayfinding is extremely important. It should be raised on the priority level but I agree with Don Iveson that this is a step in the right direction."

STEPHANIE DUBOIS/METRO



Wayfinding is well established in cities like London, as seen in this photo. SUPPLIED

New signs to help folks find their way



The City of Edmonton will launch a pilot project at Gold Bar Park with new signs to help River Valley users find their way. CONTRIBUTED

Newcomers to Edmonton's River Valley might have an easier time finding their way around, as the city plans to post new signs in certain parks before the snow flies.

As part of a citywide wayfinding initiative, Edmonton officials plan on posting new signs in Gold Bar Park, with the plan to eventually roll out the new signage to other parks and trails throughout the River Valley.

Project co-ordinator Deb-

bie Cashion-Kalinowski said the city plans on gathering feedback on the Gold Bar signs next year.

"That will give us an opportunity to see how the signs stand up over the winter months and to give people a chance to see what they look like and then we'll be doing an assessment in the spring to confirm we have the right product and does the work we need them to do," she said.

Cashion-Kalinowski said the signs will include an

At a glance

The new Gold Bar signs are a part of a River Valley pilot project.

Tim Querengesser with the Edmonton Wayfinding Project said as a newcomer to the city, he often found himself lost in the River Valley.

"I think for others, that's a barrier," he said. "That's something that limits their feeling of confidence when they go to use those amenities."

Querengesser said anything that helps people feel more confident exploring new places, is a plus.

LEAH HOLOIDAY/METRO

overview of the park, trail guides and posts to mark off-leash areas.

"It gives people that information, particularly new people who are down in that area and don't know where they're going," she added.

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'SUSPICIOUS ACTIVITY' BY CENOTAPH PLAYS OUT LIKE EPISODE OF LITTLE MOSQUE



FOOTNOTES
Omar Mouallem
omouallem@gmail.com

Last Wednesday, while news of the Ottawa shooting unfolded, Metro learned that Edmonton police were investigating suspicious activity around a war memorial. We didn't report it because police concluded it was a false alarm. But for Umar Akbar, the suspect in question, it was an unnerving lesson in public paranoia and racism. The ordeal played out like an episode of Little Mosque on the Prairie.

Let me begin by saying that Akbar is my friend. He's got a lot of grand marketing ideas. This you need to know to comprehend why he was in Churchill Square, photographing near the Cenotaph sculptural letters that spelled "bid" to promote an art auction.

You should also know that he's brown and sports

a magnificent beard. That, combined with the abstractly designed letters, suggested to complainants that he was sending "hidden Islamic messages," he told me. "My unfortunate luck. None of us watched the news that morning."

Us? Yeah. He was with others. I once joined him and another brown friend on a farmers'-market film shoot and a man sincerely asked us if we were with Al Jazeera. But this time his friends were white, so they must have been pushed into the background because only Akbar's home was visited by three officers.

He was grazing tapas at Three Boards at the time. His parents, however, were home. All police would say was that their son was taking pictures without permits.

To reiterate: Three officers on the case of a rogue photographer shooting in a public space.

It's not clear how police



This photo of a similar "bid" sign in Churchill Square, taken by Umar Akbar, and posted to Instagram (@thinkakbar). INSTAGRAM / UMAR AKBAR

traced his address (EPS didn't comment). Akbar wasn't driving. EPS pulled nearby video surveillance, but if it included him it would have shown him with friends.

He did, however, geotag his Instagram picture. You'd think such inconspicuous acts would be a dead giveaway that it was a misunderstanding.

Police were certainly min-

ing his social media — which should have been troubling because for as long as I've known Akbar he's been Instagramming unwitting cops and cruisers with smartass captions. It's just his thing.

But that's not the Facebook activity from October 2013 that they raised with him.

Was it a call for jihad?

A sympathetic view of Al-

Qaeda?

A subpar halal recipe?

No. It was a link to a Huffington Post article about Calgary mayor Naheed Nenshi's evangelical opponent. The headline — not his status — read: "Nenshi's Muslim Faith Forcing God's Wrath Upon Calgarians: Candidate."

Directly below that post, however, was some Islamic language; Akbar wrote "Inshallah" ("God willing") above a link to then mayoral candidate Don Iveson's grand plan for a citywide LRT.

The verdict was in: "They spent three hours of their day chasing a hipster, not a terrorist," said Akbar.

In fairness, police were reasonable. My friend was never cuffed, never interrogated, never asked to step inside the station and given ample time to meet. He acknowledges that they were just doing their job and investigating a report.

He even empathizes with whomever reported him.

"They were just trying to be heroes."

Still, he couldn't help but wake up angry the next day. He'd been forced to explain his progressive beliefs and defend himself against a racially motivated investigation. He'd been profiled in his birthplace — a city he dedicates much of his work to promoting.

"Police gave me no reassurance afterward that they weren't following me anymore, which is frightening," he said. "My fate will be tested the next time I buy a plane ticket."

Though he says it with a laugh, he's not joking. This is the brown experience. Always suspicious, but especially in times of high-alert.

Events like the Ottawa shooting will understandably heighten our senses, but they should also heighten our sensitivities. Far more dangerous to Canada are our prejudices, whether they be directed at Muslims or hipsters.

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Crisis still a problem

Thousands more
get legal support
with \$5.5M boost

Legal aid will be made available to thousands more Albertans this year with a \$5.5-million funding boost announced Thursday by Justice Minister Jonathan Denis.

The money comes about two weeks after Denis and his counterparts from other provinces tried unsuccessfully at a conference in Banff to convince federal Justice Minister Peter MacKay to boost federal contributions for the jointly funded program that provides lawyers to the poorest of the poor.

To be eligible for full legal representation, the maximum annual income for an individual in Alberta stood at \$16,176, meaning those receiving Assured Income for the Severely Handicapped (AISH) made too much money to qualify.

The new funding will enable the income threshold to be boosted to \$19,056 and make legal aid to AISH

recipients, according to the provincial government.

"I would be much happier if the federal government would step up to the table but if they don't, we will," Denis told reporters.

Legal Aid Alberta chair Derek Cranna said it's impossible to quantify exactly how many more people will now qualify but "for this calendar this year, a rough estimate would exceed 5,000 individuals."

Legal Aid Alberta announced earlier this year it would shutter seven offices around the province in order to save \$4 million over the next three years, but was still facing a \$15-million deficit over that same period.

Kevin Feth, president of the Law Society of Alberta, was pleased by Thursday's announcement but said legal aid funding remains an "ongoing crisis" that requires a "long-term strategy" beyond the current year.

Denis said his "intention" is that the additional funds would be made permanent in the next provincial budget.

ROBSON FLETCHER/METRO

Colorado Sgt. warns Alberta of pot perils

Bud talk in Banff. Would legalization weed out the black market?



JEREMY
NOLAÏS
Metro in Calgary

Albertans shouldn't be green with envy over Colorado's legalization of marijuana, a high-ranking law-enforcement officer from that state told a Banff conference Thursday.

Sgt. Jim Gerhardt, a drug agent operating out of Thornton, Colo., said the number of youth using marijuana recreationally is on the rise, the black-market supply of the drug may actually be expanding, and commercial providers are involved in a "parasitic" business model that relies on getting

people addicted.

"What we've seen is the cons really outweigh the pros," Gerhardt said in an interview shortly before delivering the keynote address at the Evolution and Management of Marijuana Grow-ops, hosted at the Banff Centre.

He said one teenager in the state threw himself off a hotel balcony after eating a marijuana-infused cookie, while another user shot his wife after ingesting the drug and believing the world was about to end.

There are also lingering questions about the methods to test for drug-impaired drivers, although it's unclear if collisions related to use of marijuana have risen since the Jan. 1 legalization date.

"The incidents are just stacking up, left and right," Gerhardt said. "People are blowing up their homes doing butane hash-oil extraction. It's just kind of a

free-for-all and we're not seeing any benefit from it. The taxes are underperforming ... there's human lives being lost and I don't know what the dollar value you can put on those that makes it OK."

The cases described by Gerhardt have also been referenced by other law-enforcement officials sounding alarms at news conferences, but pot advocates have pointed out that violent crime in Denver dropped over the first four months of the year — assaults, for example, declined 3.7 per cent.

Gerhardt, however, said he fears for Canada as it moves to a model that sees commercial supply of the drug in large greenhouses run by private corporations. Newly prescribed users of medicinal marijuana, which the courts have said the federal government must provide reasonable access to, can

no longer grow plants in their own homes.

"We battle, I guess what you'd call 'Big Pot' in our state ... They send armies of lobbyists down to the capital every session ... it really doesn't end with marijuana," Gerhardt said. "The goal with a lot of these groups is that all recreational drugs will be available through some kind of a commercial setting."

But Stan Swiatek, founder and president of Airdrie-area Sundial Growers, deemed the investigator's remarks "absurd," and said Canada's new commercial approach "weeds out the black market, absolutely."

"Kids can get (marijuana) easier than they can a bottle of wine right now on the black market ... so, how are we going to stop that? By arresting all these people? It hasn't worked to this point in time."

Sgt. Jim

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Gerhardt, a drug-enforcement agent in Colorado, addresses the crowd at a Banff conference concerning all things marijuana Thursday. COURTESY MIKE TUCKER

Two brothers dead. Crash report says pilot error downed plane in Bashaw

A fatality inquiry report says a plane crash in central Alberta that killed two brothers from B.C. on their way to a wedding was caused by pilot error.

Dean Sorken, 44, of Abbotsford and 39-year-old Lee Sorken of Vernon died when their small single-engine plane went down near Bashaw in June 2011.

An investigator with the Transportation Safety Board testified at the inquiry that nothing was mechanically wrong with the plane.

Final report

The Transportation Safety Board has yet to release its final report into the crash.

The inquiry heard that Dean Sorken was at the controls in cloudy weather, even though his licence only allowed him to fly when he could see the ground and horizon.

THE CANADIAN PRESS

Satellite location

eplGO branch at U of A set to close up shop for good in December

The eplGO satellite branch at the University of Alberta's science and technology library will be closed Dec. 19 due to a change in funding

priorities and a decline in usage.

"Both parties regret having to close this branch, as it is a unique example of the partnership between EPL and the U of A in providing library services in an academic setting," said Linda Cook, CEO of EPL in a press release.

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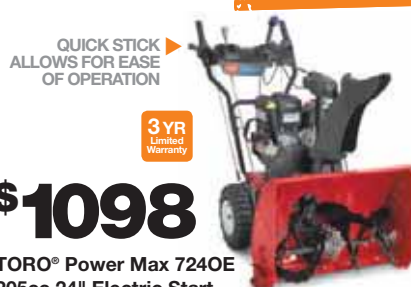
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The McKenzie house is located just off Whyte Avenue and is now home to a local marketing firm. The house is rumoured to have two ghosts — an old man in a hat and a young girl living in the basement. LUCY HAINES/METRO

If there's something strange in your 'hood

Who ya gonna call?

MacEwan University students — who helped bust the myth there are two ghosts at McKenzie House in Old Strathcona

A group of MacEwan University students proved there wasn't a ghost of a chance that an Edmonton house was haunted thanks to an unconventional "field trip."

MacEwan University psychology professor Rodney Schmaltz and a group of students set out to identify if McKenzie House in Old Strathcona was home to two ghosts: An old man in a hat on the second floor, and a young girl lurking in the basement.

"We talk a bit about ghosts and paranormal activity (in class) and I thought the best way to have stu-

dents understand the ghostly phenomenon would be to develop a way, scientifically, to test for ghosts and then go do it," said Schmaltz, who used the ghost hunt as a way to encourage his students' scientific skepticism.

While a few students were initially "spooked" by the idea of coming face to face with McKenzie house ghosts, Schmaltz said the more the team discussed it, the more they prepared for the trek.

The group armed themselves with a few tools to monitor for Earthbound spirits, including an EMF reader, which measures electromagnetic frequencies.

"If there is a lot of electromagnetic energy, sometimes it can make you feel the hairs stand up on the back of your neck, and so on. So again, a very rational explanation for what people may be feeling," Schmaltz explained.

Ghost(myth)busters

The group also used a video camera and digital voice recorder to track for ghosts.

- McKenzie House was built in 1907 and was home to Strathcona mayor J.J. McKenzie.
- Rumour has it that when you drive by the house at certain times, a man wearing a hat can be spotted on the second floor.

Despite the folklore, student Jacqueline Ste-Croix said the team couldn't find evidence of ghosts.

"The basement was pretty spooky," she added. "I think we pretty much proved it's just reflections and shadows and an old house being an old house."

LEAH HOLODAY/METRO

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That wood be possible. Developers can apply to build tall timber buildings

Edmonton developers are welcome to apply for permits to build six-storey structures out of wood, said city officials after Calgary moved to promote more “innovative” housing options.

On the heels of the Calgary announcement, officials from the city of Edmonton's permitting department said they would consider similar projects on a case-by-case basis.

“It's a builder or developer's opportunity to make an application and try to demonstrate how under our current building code, a combustible wood-frame building would be equal to the non-combustible provisions within the code,” said Eugene Gyorfi, director of safety codes for Edmonton.

Right now the current building code doesn't allow for anything higher than a four-storey building to be built out of wood, said

Praise

Calgary's mayor Naheed Nenshi called the decision an “innovative way to make housing more affordable for Calgarians.”

Gyorfi, but that doesn't entirely stop builders from making an application.

“Do we believe there will be? I don't know. I guess that's up to the developer or community to let us know,” Gyorfi said.

Since 2009, B.C. has allowed for six-storey wood-frame construction, but adapted the construction safety codes to eliminate potential hazards on site.

“We're interested in working with the developer or community to realize whatever building they think they want to put up,” said Gyorfi.

LEAH HOLOIDAY/METRO

Scare with care: Hints for a happy Halloween



Some houses are spookier than others, but kids are encouraged to trick or treat in groups or with a parent/guardian. LUCY HAINES/METRO

Trick or treat cautiously.

While looting EPS reminds drivers, homeowners and kids to be safe

Halloween is exciting for adults and kids alike, and the streets will be teeming with both this weekend.

As trick or treaters prowl up and down residential streets gathering loot, and grownups enjoy late night costume parties, the Edmonton Police want to remind everyone — homeowners, motorists, adults and kids-to play safe. Kids should trick or treat in groups, or with a parent/guardian, said police, and, if an older child heads out alone, they should stay within a designated area for a set period of time.

Sticking to one side of the street and then crossing to visit houses on the other side is rec-

ommended, as is wearing light-coloured, weather-appropriate clothing, carrying a flash light or glow-stick and wearing makeup, rather than a sight-restricting mask. And, even if you're channeling Superman or Dracula, avoid the long capes that can be easily tripped over.

Around the house, do a safety inspection of the property, police say. That includes providing good lighting on front stairways and at the entry door, securing exterior Halloween decorations away from walkways and traffic areas, and removing wet leaves or debris that can be a slipping hazard.

“If you're using candles in a jack-o-lantern, make sure the flames can't come into contact with a child's costume. Battery-powered lights are a safer alternative,” said an EPS spokesperson. And for adults partying into the wee hours, the City's Garry Dziwenka reminds Edmontonians to catch a cab or ride with a designated driver.

LEAH HOLOIDAY/METRO

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RCMP requests for telecom data poorly tracked

Annual report. Daniel Therrien says he couldn't tell how often the Mounties collected subscriber data without a warrant

The privacy watchdog is calling on federal authorities to keep better track of informal requests to telecommunications companies for subscriber data after finding shoddy record-keeping at the RCMP.

In his annual report tabled Thursday, privacy commissioner Daniel Therrien said shortcomings in the RCMP's information management systems meant he was unable



Privacy watchdog Daniel Therrien
SEAN KILPATRICK/THE CANADIAN PRESS

to tell whether proper controls were in place.

It was impossible to deter-

mine how often the Mounties collected subscriber data without a warrant, Therrien said. As a result, his office could not assess whether such requests were justified.

Privacy and civil liberties advocates have raised concerns about the ability of police and intelligence agencies to gain access to details of the public's online activities, particularly given revelations about widespread surveillance by government agencies. People understand that law-enforcement and national security agencies have legitimate need to collect personal details, Therrien said.

The Mounties have agreed to bring in a system to monitor and report on warrantless requests. **THE CANADIAN PRESS**



HMCS Athabaskan returns after 7 weeks

Bryce Fitzpatrick waves to his dad aboard the HMCS Athabaskan as it returns to Halifax on Thursday after a seven-week deployment in the Caribbean. The Athabaskan docked in Halifax after 53 days away from home and 37 days at sea as part of Operation CARIBBE, a multinational campaign targeting illicit trafficking by organized crime in the Caribbean and eastern Pacific ocean. **JEFF HARPER/METRO IN HALIFAX**

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PORSCHE

Montreal. Quebec police bring home the Bacon after a week of hog havoc

Bacon the pig is no longer a ham on the lam.

He was snared Thursday morning by animal protection officials after keeping them and Quebec provincial police on the hunt for days.

The cagy critter had escaped from his home in St-Hyacinthe, east of Montreal, on Sunday and a dragnet was launched.

But Bacon seemed to move like greased lightning when pursuers were around.

"The animal had been seen a few times during the week but it was impossible to catch him," said provincial police Sgt. Joyce Kemp.

A photo of one pursuit posted on a radio station website shows the fleet-footed porker darting away from an official.

Some residents reported that hog havoc was wreaked on local lawns but Kemp was unable to confirm that.

On Thursday, police and animal control began to bore

Cop chase

Bacon's breakout isn't the Quebec provincial force's first animal roundup.

- **Mink mayhem.** In August, officers were called when 3,000 minks were set loose at a fur farm.
- **Tiger tale.** One of their most intense hunts was in 2010 when a tiger and two camels from an Ontario zoo were snatched in their trailers by thieves.

in on their prey and a trap was set. "They were able to catch him and the pig is fine," said Kemp.

Despite being called Bacon, that isn't a prediction of the pig's future. "It's not like a farm animal," Kemp said. "It's really like a pet."

THE CANADIAN PRESS



Fighting cancer with stripes

Gretchen Wagner shows off some of the zebrafish at Dalhousie University's new research lab in Halifax on Thursday afternoon. The new facility currently has more than 10,000 zebrafish, with capacity for up to 75,000, and will be used as part of a cancer research study. JEFF HARPER/METRO IN HALIFAX

Ottawa

Prince donates to fund for soldiers

Prince Charles has made what is being described as a substantial donation to the families of the two Canadian soldiers killed recently in separate attacks.

Clarence House confirmed a donation was made to the True Patriot Love Foundation, which is managing the flood of money coming in for the soldiers through the Stand on Guard Fund.

The Stand on Guard Fund was created by a group of Conservative friends in the wake of last Wednesday's fatal shooting of reservist Cpl. Nathan Cirillo in front of the National War Memorial in Ottawa.

All the donations will be divided equally between Cirillo's family and that of Warrant Officer Patrice Vincent, who was struck by an assailant's car two weeks ago.

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CBC execs mum on Ghomeshi



Jian Ghomeshi arrives on the green carpet for the Juno Gala in Winnipeg on March 29. JOHN WOODS/THE CANADIAN PRESS

Staying silent. How much did they know? Head honchos refuse to speak publicly about allegations of violence

Top brass at the CBC are silent on what they knew, and when, about allegations of violence and sexual harassment against disgraced radio host Jian Ghomeshi.

President Hubert Lacroix, executive vice-president of English services Heather Conway and head of radio Chris Boyce did not return multiple requests for comment on Thursday, the same day the CBC told staff it was hiring an external firm to investigate allegations against Ghomeshi within the firm and offering counselling.

"Given that these matters are now before the courts and the grievance arbitration process, we will be limited in our communications," CBC spokesman Chuck Thompson said in an email to Torstar News Service.

"We look forward to the opportunity to fully disclose the facts of these matters. We are

extremely confident that CBC will be seen to have acted very quickly when we concluded that we could not continue our employment relationship with Jian Ghomeshi.... We believe that the information will demonstrate that the CBC acted as a prudent and responsible employer."

While CBC executives have not spoken publicly, they are communicating with staff about the Ghomeshi allegations. In a memo announcing the third-party investigation and counselling, Conway called Torstar and CBC reports "extremely disturbing and of great concern to all of us."

She praised the "professionalism" of staff and reminded them that while they are not prevented from responding to reporters' questions, they should not feel obligated.

It isn't just current CBC managers staying mum. Kirstine Stewart, in charge of English services from 2011 to 2013 and now a VP at Twitter, told Torstar in a tweet to contact the site's PR department, which did not return a request for comment.

Former CBC president Robert Rabinovitch, at the CBC helm from 1999 to 2007, and Denise Donlon, head of radio

CBC's union

The union representing CBC employees is also keeping a tight lid on information, after it announced Wednesday that one CBC employee who spoke with Torstar did not report her allegations to a union representative, but rather a colleague who was a union volunteer.

- The union said this person was not given the details the woman shared with Torstar.

from 2008 to 2011, did not return requests for comment.

Only Richard Stursberg, executive vice-president of English services from 2004 to 2010, talked to Torstar. He was in charge in 2007, when Q was born.

"There was never any conversation or indication at the time that there was anything problematic about his behaviour," said Stursberg.

"I was saddened for the CBC, I was saddened for Jian's career, and sad for the women..." said Stursberg on the allegations.

TORSTAR NEWS SERVICE

Jian Ghomeshi dumped by crisis communications firm

Last week, Jian Ghomeshi was a media star, now he's waging the public opinion war solo: Both his crisis communications firm and traditional public relations firm severed ties with the former Q star Thursday.

Ghomeshi issued only a brief statement on Thursday, after the detailed accounts of how he allegedly strangled, hit or demeaned eight women hit

the news cycle. The count has since risen to nine and the alleged violence has sparked a discussion about sexual violence and rape culture in Canada.

"I want to thank you for your support and assure you that I intend to meet these allegations directly. I don't intend to discuss this matter any further with the media," wrote

the former media darling on Facebook.

Ghomeshi's previous Facebook post, published pre-emptive of the initial allegations, claimed CBC fired him only for having kinky sex and blamed a "jilted" ex for orchestrating a campaign against him. The post is widely suspected to have been done with the help of Navigator,

the high-stakes public strategy and communications firm he hired, which is known for representing high-profile clients in serious trouble, including former Ontario attorney general Michael Bryant after the death of cyclist Darcy Shepard and former prime minister Brian Mulroney in the Air-bus scandal.

However, Navigator an-

nounced late Thursday it is no longer representing Ghomeshi.

"In response to numerous media requests, Navigator confirms it does not advise Jian Ghomeshi. Regrettably, the circumstances of our engagement have changed and we are no longer able to continue," the company said in a statement.

It was a break in strategy

for the strategy firm, as only a few hours earlier a Navigator spokesperson told Metro: "We never confirm or deny who our clients are, nor do we speak about them."

Rock-it Promotions, which had a longstanding PR relationship with Ghomeshi, announced it also had severed ties with him.

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ETS

Feds unveil family tax credits, benefits

Families first.

Conservatives' taxation and child-care pledge aims to put more money in Canadians' pockets

Prime Minister Stephen Harper is pressing ahead with income splitting for families with kids under 18 — a multibillion-dollar Conservative election promise from 2011 that critics have said would benefit too few Canadians.

To address that complaint, the Conservative government is also boosting the universal child-care benefit — \$160 a month for kids under six, up from \$100, plus a new monthly benefit of \$60 for children aged six through 17, effective in 2015.

"Our goal has always been to make sure that Canada is the best country in the world in which to raise a family," said Harper during a campaign-style event in Vaughan, Ont.

"Our government is utterly convinced of one thing: When it comes to the cost of raising a family, Canada's moms and dads deserve all of the help that we can give them."

The government is also adding \$1,000 to the various limits on the child-care expense deduction, which allows taxpayers to claim child-care expenses incurred



Prime Minister Stephen Harper does arts and crafts with a student at the Joseph and Wolf Lebovic Jewish Community Campus in Vaughan, Ont., on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

in order to work or go to school. This measure carries an estimated cost of \$15 million in 2014-15 and \$65 million in 2015-16.

Harper repeatedly hammered home the message that the entire suite of measures would benefit all Canadian families with children.

And he acknowledged the whopping price tag, which he said the government would well be able to afford.

"At the same time, we're doing this in a way that ensures that the things we promised in the last election will actually reach people in the life of this Parliament."

THE CANADIAN PRESS

Family Tax Cut

The Conservative government's Family Tax Cut will allow eligible taxpayers to transfer up to \$50,000 of income to his or her spouse for tax purposes.

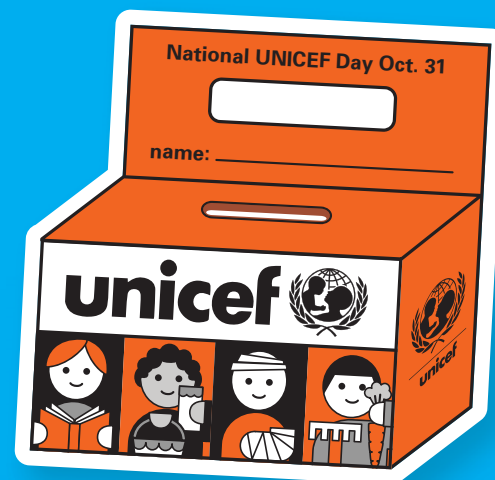
- **Annual credit.** Under the government's plan a non-refundable tax credit of \$2,000 can be collected.

- **Cash for families.** Aside from income splitting, the government's pledges to also increase the monthly child-care benefit to \$160 for children under the age

of six and introduce a \$60 monthly benefit to families with children aged six to 17 will further help parents.

- **Stephen Harper.** "Under the plan we announced today, every single Canadian family with children will benefit. Everyone will have more money in their pockets."

- **Total costs.** The prime minister said the government's measures will cost \$3.1 billion in 2014-15 and \$4.5 billion in 2015-16.



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Jack-o-protest on Parliament Hill

Outside the Prime Minister's Office on Elgin Street volunteers with Ecology Ottawa show off their Halloween protest pumpkins as they flank Cameron Fenton, a "Canadian tar sands organizer," with 350.org. (Fenton holds a pumpkin carved with words "No Energy East," the same message spelled out in the individual pumpkins.) The group opposes a plan by TransCanada to send oil by pipeline from Western Canada to reception points in Eastern Canada. The pipeline, which currently carries natural gas, travels through part of rural Ottawa. New segments of the pipeline will have to be added. SEAN MCKIBBON/METRO IN OTTAWA

Moncton murderer may face precedent-setting sentence

Justin Bourque. Crown seeking maximum sentence — 75 years without eligibility to apply for parole

Justin Bourque's killing of three Mounties has been described in court as one of the worst crimes in Canadian history, prompting recommendations from Crown and defence lawyers for the harshest sentence in more than 50 years.

Judge David Smith, chief justice of the Court of Queen's Bench in New Brunswick, is scheduled to sentence the 24-year-old Friday, four months after Bourque used a semi-automatic rifle to fatally shoot three officers and wound two others in Moncton's north end.

Bourque pleaded guilty in August to three counts of first-degree murder and two counts of attempted murder.

The Crown is seeking the maximum sentence — 75 years without eligibility to apply for parole — under a section of the Criminal Code that was amended in 2011. Prior to that, Bourque would have been handed an automatic life sentence with no chance at parole for 25 years, the mandatory penalty for one or more convictions of first-degree murder.

Earlier this week, defence lawyer David Lutz said his client, having admitted to the crimes in a detailed, three-



Justin Bourque is depicted in an artist's sketch at his sentencing hearing at Moncton Law Courts in Moncton, N.B. on Tuesday. CAROL TAYLOR/THE CANADIAN PRESS

hour statement to police, has argued that a 50-year parole ineligibility period would be fair. Lutz had little else to say on his client's behalf, except that Bourque has a defective thought process and inadequate social skills.

If Smith accepts either the Crown or defence recommendations, the sentence would be the harshest since Canada's last executions in 1962.

THE CANADIAN PRESS

Rights and Freedoms

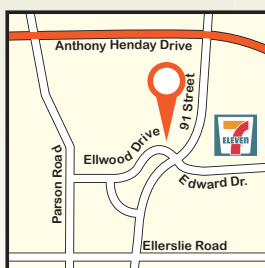
"The only flexibility the judge has is if he were to conclude that imposing that level of parole ineligibility would violate Justin Bourque's rights."

Carissima Mathen, a law professor at the University of Ottawa

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Health spending increase smallest in 17 years

A new report says Canada will pay only \$61 more per person this year for health care compared to last year's expenditures.

The report says the increase in health spending was the lowest in 17 years and amounts to only a 2.1 per cent rise.

The Canadian Institute for Health Information says Canada is expected to spend just under \$215 billion this year on health care, which works out to \$6,045 per person.

That spending level puts Canada eighth among the

Health-care spending

\$63.5B

Hospitals make up about 30 per cent of health-care spending, \$63.5 billion. Drugs and doctors come next, at 16 and 15 per cent respectively, or \$33.9 billion and \$33.3 billion.

countries of the Organization for Economic Co-operation and Development, the OECD.

The three territories, which often have to fly residents south for medical care, spend

substantially more per person than provinces do.

Nunavut will spend the most, at just over \$13,160 a person, while Quebec is expected to spend the least, at \$5,616.

The public purse picks up about 70 per cent of the cost of health care in Canada. The remaining 30 per cent comes from out-of-pocket payments by individuals and private health insurance. That 70-30 cost breakdown has been relatively constant over the past 20 years, the report says.

THE CANADIAN PRESS

Sweden recognizes Palestinian state, upsetting Israelis

135th country to do it. 'There is a territory, a people and government,' Swedish foreign minister says, defending the position

Sweden on Thursday became the biggest Western European country to recognize a Palestinian state, prompting a strong protest from Israel, which swiftly withdrew its ambassador from Stockholm.

The move by Sweden's new left-leaning government reflects growing international impatience with Israel's nearly half-century control of the West Bank, east Jerusalem and its blockade of

'Principled decision'
Hanan Ashrawi, a senior Palestinian official, welcomed the move by Sweden, a European Union member, as "a principled and courageous decision."

- Israel says Palestinians can gain independence only through peace negotiations, and that recognition of Palestine at the UN or by individual countries undermines the negotiating process.

the Gaza Strip. It also comes during increased tensions between Arabs and Jews over Israel's plans to build 1,000 housing units in east Jerusalem.

Foreign Minister Mar-

got Wallstrom said Sweden, fulfilling a promise made when the Social Democratic government took office earlier this month, believes the Palestinians have met the criteria under international law for such recognition. "There is a territory, a people and government," she told reporters in Stockholm, adding that Sweden was the 135th country in the world to recognize a Palestinian state.

It is the third Western European nation to do so, after Malta and Cyprus. Some Eastern European countries recognized a Palestinian state during the Cold War. Israel was quick to condemn the announcement. Foreign Minister Avigdor Lieberman described it as "a miserable decision." **THE ASSOCIATED PRESS**



Locking up style at prison

In this photo, taken Monday, a model waits to walk on a runway before a show in Neve Tirza prison for women in Ramle, central Israel. Prisoners studying makeup application or hairdressing at the jail joined in to style the models. **ODED BALILTY/THE ASSOCIATED PRESS**

France

French town bans clown disguise

A small town outside Montpellier in southern France has banned people from disguising themselves as clowns in the streets — especially on Halloween.

This week's decision by Mayor Pierre Dudieuzere of Vendargues follows a series of incidents around France in which people dressed as scary clowns spooked children and in several cases assaulted people. **THE ASSOCIATED PRESS**

Haiti

Rower robbed of food, passport

A U.S. man who recently rowed across the Atlantic Ocean to raise awareness about HIV testing has been robbed off Haiti's north coast. The U.S. Coast Guard says the incident occurred when Victor Mooney began having trouble with his boat on Thursday near Tortuga Island. The Brooklyn native said he saw several fishing boats approach and people ransacked his vessel. **THE ASSOCIATED PRESS**

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Nurse defies Ebola quarantine

Maine. Kaci Hickox, who spent time treating patients in Sierra Leone, was the first forced into New Jersey's mandatory quarantine

A nurse who vowed to defy Maine's voluntary quarantine for health-care workers who treated Ebola patients followed through on her promise Thursday, leaving her home for an hour-long bike ride.

Kaci Hickox and her boyfriend stepped out of their home Thursday morning and rode away on mountain bikes, followed by a state police cruiser.

It was the second time Hickox broke quarantine. She left her home Wednesday evening briefly to speak to reporters, even shaking a hand that was offered to her.

Hickox contends there's no need for quarantine because she's showing no symptoms. She's also tested negative for the deadly disease.

"I really hope that we can work things out amicably and continue to negotiate," she said Thursday morning while riding on a dirt trail.

There was no immediate comment from state health officials, who were going to

Legality and guidelines

Generally, states have broad authority when it comes to such matters. But Maine health officials could have a tough time convincing a judge that Hickox poses a threat, said attorney Jackie L. Caynon III, who specializes in health law in Worcester, Mass.

- Guidelines from the federal Centers for Disease Control and Prevention recommend daily monitoring for health-care workers like Hickox who have come into contact with Ebola patients. But some states like Maine are going above and beyond those guidelines.

court to detain Hickox for the remainder of the 21-day incubation period for Ebola that ends on Nov. 10.

"There's a lot of misinformation about how Ebola is transmitted, and I can understand why people are frightened. But their fear is not based on medical facts," Norman Siegel, one of her attorneys, said Wednesday.

Hickox, who treated Ebola patients while volunteering in Sierra Leone with Doctors Without Borders, was the first person forced into New Jer-



Nurse Kaci Hickox leaves her home on a rural road in Fort Kent, Maine, for a bike ride with her boyfriend on Thursday.
ROBERT F. BUKATY/THE ASSOCIATED PRESS

sey's mandatory quarantine for people arriving at the Newark airport from three West African countries. Hickox spent the weekend in a tent in New Jersey she shares with her boyfriend.

Hickox, who treated Ebola patients while volunteering in Sierra Leone with Doctors Without Borders, was the first

person forced into New Jersey's mandatory quarantine for people arriving at the Newark airport from three West African countries. Hickox spent the weekend in a tent in New Jersey before travelling to the home of her boyfriend.

State law allows a judge to grant temporary custody

of someone if health officials demonstrate "a clear and immediate public health threat." The state's court filing was expected Thursday, officials said.

If a judge grants the request, Hickox will appeal the decision on constitutional grounds, necessitating a hearing, Siegel said. **THE ASSOCIATED PRESS**

2018 World Cup. FIFA regrets video that shows Crimea part of Russia

FIFA has expressed regret on Thursday after its video launching the logo for the 2018 World Cup showed the disputed Crimean peninsula as part of Russia.

The video, broadcast as the logo was beamed onto Moscow's Bolshoi Theatre on Tuesday, included a map of host nation Russia, including Crimea. Russia annexed the Crimean peninsula in March to fierce opposition from many Western governments. The Ukrainian government still claims Crimea as part of its territory.

The original video has been removed from FIFA's YouTube channel and replaced with an edited version excluding the two-second sequence in which the map of Russia was shown.

The video angered some Ukrainian commentators.

Markiyan Lubkivskiy, who directed Ukraine's preparations to host Euro 2012, called for legal action. "Lawyers, get ready," he wrote. "If we don't react toughly to things like this, then soon nothing will be left of us." **THE ASSOCIATED PRESS**

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Philly police create 'safe zone' for online transactions

A police department in suburban Philadelphia has created a "safe zone" for people to complete transactions they arranged online. The Conshohocken Police Department said individuals making purchases through Craigslist and other sites are free to complete deals in the department's lobby or parking lot.

THE ASSOCIATED PRESS

'Technology and stuff.' #ChevyGuy will keep his job despite national blunder

Shortly before 9 a.m. on the day after the worst night of his life, Rikk Wilde got the phone call from his big boss at General Motors.

Yes, he committed a nationally televised, major-league blooper while presenting pickup truck keys to the World Series MVP. No, he wouldn't be fired. The call, from Chevrolet Vice-President Brian Sweeney, had to be a relief for Wilde, who makes his living as a zone manager and liaison between GM and its

Kansas City-area dealers.

GM had lined up Wilde, a lifelong Royals fan, for the postgame presentation because he's a good employee and loves baseball. There was hope that he'd be giving the keys to a Chevrolet Colorado to someone on the home team. But instead it went to San Francisco Giants ace Madison Bumgarner.

Wilde had practiced for the moment, an effort to draw attention to GM's newest product, and brought

notes just in case he forgot something. He did. As he started to say his lines, he stumbled and had to look to his notes. He ad-libbed a line that would bring guffaws on social media: "It combines class-winning and leading, you know, technology and stuff, with Wi-Fi powered by OnStar."

#Technologyandstuff was trending on Twitter, as was #ChevyGuy, with many comparing Wilde to the late Chris Farley. **THE ASSOCIATED PRESS**

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Double-double, toil and trouble for Tim Hortons?

Report. Takeover by Burger King could have some scary consequences, such as massive layoffs

Widespread layoffs and strict cost-cutting measures could befall Tim Hortons if Burger King's parent company takes over the chain, says a study from the Canadian Centre for Policy Alternatives.

The left-leaning think-tank released a scathing review of 3G Capital's past takeovers on Thursday and concluded that the Brazilian private equity firm's track record is predictive of "overwhelmingly negative consequences for Canadians" and the Tim Hortons restaurant chain.

"Without additional strong assurances from 3G Capital that no jobs will be lost ... this may not be in the net benefit of Canada," said CCPA senior economist David Macdonald, who was involved in the preparation of the report.

The policy centre said 3G Capital hasn't made a suitable case for how the merged company benefits Canadians and it's urging the federal government to demand "a better deal" before it approves the transaction.

Included in its analysis is the assumption that the



Tim Hortons' takeover by Burger King's parent company may prove stale for Canadians. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

investment company, in its \$11-billion US takeover of the Canadian company, would follow a similar playbook to past takeovers.

The report suggests 3G Capital's debt financing could force Tim Hortons to lay off more than 700 employees — or 44 per cent of staff working outside its restaurants — as it tries to manage the debt of the merged company.

In response to the study, Tim Hortons spokesman Scott Bonikowsky said the merged company intends to keep the Tim Hortons brand independent of its owner and maintain "traditional levels of community support, restaurant-level jobs and franchisee relationships."

The new obligations could pressure Tim Hortons to cut costs, reduce investments and squeeze more from its

franchisees, the report said.

The expectations are based on the investment company's track record in past takeovers where thousands of employees were laid off at food company Heinz and beer company Anheuser-Busch.

While Burger King's parent company promised to keep the headquarters of Tim Hortons in Oakville, Ont., the report said there have

been "grossly inadequate" workforce commitments that have left no guarantees when it comes to overall employment levels or potential mass layoffs.

Earlier this week, Canada's Competition Bureau approved the takeover plan to buy Tim Hortons, saying it's unlikely to reduce competition due, in part, due to the large number of fast food competitors. **THE CANADIAN PRESS**

Apple CEO

Tim Cook smashes the glass closet



Apple CEO Tim Cook
GETTY IMAGES FILE

Apple CEO Tim Cook's declaration that he's "proud to be gay," makes him the highest-profile business executive in the nation to publicly acknowledge his sexual orientation.

In America, where more major-league athletes have come out than top CEOs, business leaders and gay-rights advocates said Cook's disclosure was an important step toward easing anti-gay stigma in the workplace, particularly for employees in the many states where workers can still be fired for being gay.

THE ASSOCIATED PRESS

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HBO's scripted library

Don't Curb Your Enthusiasm... Bell starts a video streaming service

Bell Media is launching a new video streaming service that will include the entire HBO

scripted library.

The company says the subscription service, code-named Project Latte, will feature premium programming, including *The Sopranos*, *The Wire* and *Curb Your Enthusiasm*. The *Wire* streaming will mark the first time the series is presented in HD.

THE CANADIAN PRESS

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1,000 Ways To Be A Family. An inspiring section on the Canadian blog TheNewFamily.com, The 1,000 Families Project, looks at all the different variations on modern family life. Among the range of first-person stories is a recent entry from blog founder Brandie Weikle about her own "conscious uncoupling" with her ex long before Gwyneth Paltrow made the term infamous. Must read.

CDN vs American Beer. A BuzzFeed video has generated more than 370,000 views since being posted regarding a Canadian beer versus American beer taste test. In other words, more than 370,000 people have wasted time watching a video when everyone knows Canadian beer is the best and American beer sucks and tastes like water, eh?

Strombo & Kypreos. The pairing of George Stroumboulopoulos and Nick Kypreos is still getting mixed reaction a few weeks after the launch of the new Hockey Night In Canada. On



THE METRO LIST
Neil Morton
metronews.ca

their own, great. But their chemistry together? A tad awkward. This Hour Has 22 Minutes did a hilarious spoof recently showing Strombo on the set in his skinny jeans Instagramming selfies of himself with Kipper. Brilliant.

4 Kim Loves BlackBerry. Kim Kardashian West revealed this week that she is hoarding BlackBerry Bold phones out of fear that they will be discontinued, as she loves the keyboard for typing. "I love a BlackBerry, and every time I say that, people are horrified that I have a BlackBerry, and I don't understand that reaction." I have a BlackBerry, too, Kim, and get the same puzzled looks.

5 Robbie Williams. The singer decided to live-blog the birth of his second daughter with wife Ayda in Twitter pictures and YouTube videos. This was so wrong on so many levels, but yet you couldn't help but look. Because this is the age we live in where nothing is private. Luckily,

the "coverage" concluded just before she went into labour.

6 Extra Hour Sleep! You might not have heard yet — so you can thank me — but this weekend Daylight Savings Time ends. Which means your clocks go back an hour. Which means you get a whole extra hour's sleep. Well, unless you're a parent with young kids. D'oh.

7 Halloween. The Boston Bruins have an amazing annual Halloween tradition where they visit Boston Children's Hospital. On Monday, they did again — dressing as characters from Disney's hit film Frozen. They even did renditions of Let It Go, which while not pretty were all great fun. Kudos.

8 #iBelieveThem. With more and more women coming forward about alleged assaults from Jian Ghomeshi, a tremendous show of support was displayed for these women on social media by people tweeting using the hashtags #iBelieveHer and #iBelieveThem in reference to the victims. As well, Jian's initial "defense" FB post has seen its popularity plummet with people unliking it in droves.

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Bitstrips

MetroTube



Just you and the keytar this Halloween?



AAAAAANDREW
FRIGHTFIELD
==@metronews.ca

Brett Domino is a talented and humble man. Talented because he can write a damn catchy pop tune, chops he showed off in an earlier video that boasted how easy it was to write a summer pop song. Humble because he thinks us regular folk can do it, too. Domino is back to rub it in our faces again, this time to show us how quickly he can whip up a Halloween pop jam. He tries to make it seem spookily simple. But really, he's just terrifyingly talented. (Brett Domino/YouTube)



SCREEN GRAB

Twitter

@metropicks asked: A woman claims to have captured paranormal audio in a historic building. Tell us a supernatural tale in 140 characters or less.

@DDGstyle: once upon a time there was a world where members of a rich, educated society valued science and rationality

@Canucklehead: I awoke to it in a daze. "Daddy," the small voice says from just outside my bedroom door, "Can I sleep with you?" I live alone.



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Examining the night within us

Movies. As *Maps to the Stars* opens, Metro's Richard Crouse takes a look at director David Cronenberg's darkest works

Hollywood — self-obsessed child that it is — enjoys turning the camera on itself, but with *Maps to the Stars*, director David Cronenberg uses the city as a palette to paint a picture of the stupid, venal and stratospherically self-involved behaviour that goes on behind the scenes in Beverly Hills's gated communities and back lots.

At the centre of the film are the Weisses, a Hollywood family (John Cusack, Olivia Williams and Evan Bird) with more secrets than TMZ's too-hot-to-handle file, Havana Segrand (Julianne Moore), a former big name actress who is now as messed up as she is washed up and Agatha (Mia Wasikowska), a burn victim with schizophrenia whose presence threatens to expose closely guarded secrets.

This may be the most sun-dappled film Cronenberg has ever made, but don't let the light fool you; it's also one of his darkest.

I say one of his darkest because the 71-year-old director has frequently visited what Victor Hugo called "night within us," provoking Village Voice to call him, "the most audacious and challenging narrative director in the English-speaking world."

Spider, a trip into the mind of a severely mentally disturbed man starring Ralph Fiennes, is a case in point. Called "Cronenberg's most depressingly bleak



Maps to the Stars opens in theatres this weekend. CONTRIBUTED

In Review

RICHARD CROUSE



Maps to the Stars

Director. David Cronenberg

Stars. Julianne Moore, John Cusack, Robert Pattinson, Mia Wasikowska

•••••

Hollywood points the camera on itself but not since *The Player* has the selfie provided such a wonderfully sadistic portrait of Tinsel Town. At the centre of David Cronenberg's film is a Hollywood family

— played by John Cusack, Olivia Williams and Evan Bird. Orbiting them are a former big name actress (Julianne Moore) and a burn victim (Mia Wasikowska), whose presence threatens to expose closely guarded secrets. The terrific performances and decidedly un-Hollywood feel of this, the most Hollywood of Cronenberg's films, make *Maps to the Stars* a compelling psychological thriller.

film," by critic Ken Hanke, the 2002 film sees Fiennes deliver a virtually dialogue-free performance as the title character. But it is Miranda Richardson as several characters — all the women in Spider's life — who really steals the show. It's a spooky, cerebral thriller.

The Brood is probably Cronenberg's most traditional horror film. Featuring murderous psychoplastic kids, experimental psychotherapist Oliver Reed and Samantha Eggar as a fetus-licking mother, it is the very stuff that nightmares are made of. It's lesser seen than *The Fly* or *Dead Zone* and way more down-and-dirty, but for sheer scares it's hard to beat.

A *Dangerous Mind*, the tautly told story of two psychoanalysts you've heard of, Dr. Carl Jung (Michael Fassbender) and Sigmund Freud (Viggo Mortensen), plus one you've probably never heard of, Sabina Spielrein (Keira Knightley), sees Cronenberg combine a love story and birth of modern analysis.

The almost total lack of physical action means the focus is on the words. Some will see a film rich with dialogue, others will see it as verbose. But that's the kind of duality the movie explores.

Finally, in *Cosmopolis*, Cronenberg takes us along for an existential road trip through the breakdown of modern society. Based on a novel by Don DeLillo and starring Robert Pattinson as a controlling and self-destructive billionaire money manager, the movie covers the gamut of human experience, from haircuts, money and infidelity to asymmetric prostates and mortality.

2 SCENE

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Cronenberg is a creature of comfort

David Cronenberg is still discovering his muses. His latest film, *Maps to the Stars*, marks a reunion with actor Robert Pattinson. In light of *Maps*' theatrical release, we take a look at his favourite comrades.

STEVE GOW
scene@metronews.ca

Sarah Gadon

History: Gadon is perhaps Cronenberg's most frequent muse, with three collaborations in her filmography (*Maps*, *A Dangerous Method* and *Cosmopolis*). In fact, the Toronto talent is practically part of the family now having also starred in the 2012 thriller *Antiviral* (directed by David's son, Brandon).

Cronenberg: "She's really magical. She's got such an amazing presence and face, great voice and (she's) tough artistically — she's not afraid of anything."



Robert Pattinson

History: *Maps to the Stars* marks the second partnership with Cronenberg after *Cosmopolis*. In the 2013 film, he played a powerful billionaire being chauffeured in his limo. In *Maps*, he's a naïve limo driver desperate to be a star.

Cronenberg: "Rob is a lovely sweet guy to work with. Of course he's got charisma because he wouldn't have been the



success that he was, even in *Twilight*, without having something, but I think he's much more chameleon-like than people give him credit for."

Nightcrawling with Russo

Q&A. Self-confirmed night owl confronts the morality of paparazzi crossing privacy boundaries — on and off the screen



NED EHRBAR
Metro World News in Hollywood

What's Rene Russo been up to lately? Staying up late, avoiding restaurants that tip-off TMZ and worrying about drones. So you know, the usual. In *Nightcrawler*, written and directed by her husband Dan Gilroy, Russo stars as a tough but desperate news director at a failing L.A. station who turns to a freelance videographer (Jake Gyllenhaal) for some sensational footage.

At what point did Dan first tell you about this idea?

A long time ago he told me about it. He came home one day and told me about night-crawlers. I had no idea.

I have a friend and I'm a night person, and I'll be out at 2 o'clock in the morning. So now I'm looking around me going, "Whoa, is that a nightcrawler?"

You have a habit of going out late at night?

Nighttime for me is really magical. I love the night. I'll just go out into my backyard and look at the moon at night. I've seen some beautiful moonsets.

The work these guys do made me think of paparazzi. Look, here's the deal with that: I am not Angelina Jolie. I can pretty much go out of my house. Has TMZ come up to me? Yes. I deal with things with humour. This is what it is, so have some fun.

But I am not Lindsay Lohan, that's not who I am. I think if that were my life, it would be very different, it would be really, really hard for me. Because I'm very private.

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Viggo Mortensen

History: Cronenberg may be partly responsible for the actor's sole Oscar nomination, for a wrenching role in *Eastern Promises*, but don't overlook the duo's other captivating collaborations: *A History of Violence* and the Sigmund Freud biopic, *A Dangerous Method*.

Cronenberg: "Getting Viggo to play Freud, he's never done anything like that. It's scary for both of us but he had to trust me. He didn't think he could do it, but once he plugged into it and you get the fake nose and he puts on some weight and suddenly the beard — it's Freud!"



Rene Russo and Jake Gyllenhaal star in *Nightcrawler*. CONTRIBUTED

Now in theatres

Mystery & Suspense



Horns

Director. Alexandre Aja

Stars. James Remar,
Daniel Radcliffe

Based on the novel by Joe Hill, *Horns* is a supernatural thriller. The film follows Ig Perrish (Daniel Radcliffe), the No. 1 suspect for the violent rape and murder of his girlfriend, Merrin (Juno Temple). Hungover from a night of hard drinking, Ig awakens one morning to find horns starting to grow from his own head and soon realizes their power drives people to confess their sins.

Rotten Tomatoes™ score
Critics: 58% Audience: 93%

Comedy



Birdman

Director. Alejandro González Iñárritu

Stars. Michael Keaton,
Lindsay Duncan

Birdman or *The Unexpected Virtue Of Ignorance* is a black comedy that tells the story of an actor (Michael Keaton) — famous for portraying an iconic superhero — as he struggles to mount a Broadway play. In the days leading up to opening night, he battles his ego and attempts to recover his family, his career, and himself.

Rotten Tomatoes™ score
Critics: 93% Audience: 92%

Drama



Nightcrawler

Director. Dan Gilroy

Stars. Jake Gyllenhaal,
Rene Russo

Nightcrawler is a pulse-pounding thriller set in the underbelly of contemporary Los Angeles. Jake Gyllenhaal stars as Lou Bloom, a driven young man desperate for work who discovers the high-speed world of L.A. crime journalism. Finding a group of freelance camera crews who film crashes, fires, murder and other mayhem, Lou muscles into the cut-throat, dangerous realm of nightcrawling.

Rotten Tomatoes™ score
Critics: 89% Audience: 90%

Mystery/Suspense



Gone Girl

Director. David Fincher

Stars. Rosamund Pike,
Ben Affleck

Gone Girl is based upon the global bestseller by Gillian Flynn — unearths the secrets at the heart of a modern marriage. On the occasion of his fifth wedding anniversary, Nick Dunne (Ben Affleck) reports that his beautiful wife, Amy (Rosamund Pike), has gone missing. Under pressure from the police and a growing media frenzy, Nick's portrait of a blissful union begins to crumble.

Rotten Tomatoes™ score
Critics: 86% Audience: 98%

Drama/Action



Dracula Untold

Director. Gary Shore (IV)

Stars. Luke Evans,
Sarah Gadon

Luke Evans (*Fast & Furious 6*, *Immortals*) stars in *Dracula Untold*, the origin story of the man who became Dracula. Gary Shore directs and Michael De Luca produces the epic action-adventure that co-stars Sarah Gadon, Dominic Cooper, and Diarmaid Murtagh.

Rotten Tomatoes™ score
Critics: 29% Audience: 96%

Drama



Mommy

Director. Xavier Dolan

Stars. Anne Dorval, Suzanne Clément

A feisty widowed single mom finds herself burdened with the full-time custody of her unpredictable 15-year-old ADHD son. As they struggle to make ends meet, Kyla, the peculiar new neighbour across the street, offers her help. Together, they find a new sense of balance, and hope is regained.

Rotten Tomatoes™ score
Critics: 90% Audience: 99%

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Superhero nirvana

Marvel announced its slate of films coming out between now and 2019. Here is a handy guide to keep you apprised. METRO, ASSOCIATED PRESS, AFP

May 1, 2015



The Avengers: Age of Ultron

Need to know: The plot, according to IMDB.com, sees things go awry when Tony Stark — Iron Man — tries to jumpstart a dormant peacekeeping program. The villainous Ultron is voiced by James Spader.

July 17, 2015

Ant-Man

Need to know: Peyton Reed is directing this story of a former con-man who can shrink when he dons a super-suit. Paul Rudd will star as Ant-Man, along with Evangeline Lilly, Michael Peña and Michael Douglas.



May 6, 2016



Captain America: Civil War

Need to know: Civil War will pit Captain America and Iron Man against each other and will also mark the debut of Black Panther to the film franchise.

Nov. 4, 2016

Doctor Strange

Need to know: British actor Benedict Cumberbatch has been widely rumoured to be tapped to play Doctor Strange, a sorcery-centric protector of Earth.



May 5, 2017



Guardians of the Galaxy 2

Need to know: No plot synopsis has been released, but James Gunn is scheduled to again write and direct the follow up to his 2014 Guardians film.

July 28, 2017

Thor: Ragnarok

Need to know: In the comics, Ragnarok is a cyberg-clone of Thor, created by Tony Stark and members of the Avengers after Thor goes missing.



Nov. 3, 2017

Black Panther

Need to know: Chadwick Boseman is slated to portray Black Panther — leader of the fictional African nation of Wakanda who becomes a member of The Avengers.



May 4, 2018/May 3, 2019

The Avengers: Infinity War Parts I and II

Need to know: The third film is split. The details are scant, but comic series centred on the Infinity Gauntlet, which gives its possessor godlike powers.



July 6, 2018



Captain Marvel

Need to know: Captain Marvel marks the studio's first films centred on a woman. The iteration will be Carol Danvers, an Air Force officer whose adventures take her into space.

Nov. 2, 2018

Inhumans

Need to know: The Inhumans are a race of superhumans who first appeared in Marvel in the 1960s.



Studio survival

Superheroes reap super returns

Money-makers: So-called "tent pole" films — big money-making movies that are often sequels to tried-and-tested blockbusters — are increasingly important to studios, as the movie-watching experience fragments with online viewing. The first Avengers movie and last year's Iron Man 3 are among the top five grossing films ever, together earning more than \$2.7 billion worldwide.

DC Comics: In mid-October, Warner Bros. announced a slate of 10 films based on DC Comics characters, including The Flash, Aquaman, Cyborg, Wonder Woman and Shazam.



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W is for Wish is Steven Kostanski's submission to the ABC's of Death 2 film anthology. CONTRIBUTED

If wishes were big film budgets

Horror. Canadian filmmaker and FX guy Steven Kostanski talks about making scares when cash is scarce

CHRIS ALEXANDER
scene@metronews.ca

Winnipeg-born, Toronto-based FX wizard Steven Kostanski (of gonzo collective ASTRON-6) learned about the ABC's of filmmaking while making his beloved, invisibly budgeted contemporary cult classics *Father's Day* and *Manborg*, outrageously innovative genre send-ups that exemplified his maverick sensibility.

So it makes sense, then, that Kostanski's latest bid for strange cinema infamy lies within the body of a film called the ABC's of Death 2 (opening today in select Canadian markets), the go-for-broke sequel to 2012's horror hit.

In it, two-dozen-plus directors (including Canada's The Soska Sisters and Vincenzo Natali) were given a random letter of the English alphabet, a modest chunk of money and allowed to let their imaginations run wild. Kostanski and his crew got 'W' and designed his segment, 'W is

for Wish' accordingly.

"Our entry was based on an idea that we had already been developing," says the visionary director.

"It was sort of a play on the old He-Man toys and I had already started developing a toy line surrounding the concept. So when we got asked to do The ABC's of Death, I thought, OK, let's combine toys with the movie and have these kids sucked in a fantasy universe and realize the toys in live action."

And that's what happens in *W is for Wish*, the critical favourite of the anthology — a mock commercial in which two eager lads playing with their gladiator toys are warped into an ultra-violent hell of bloody battles and brutal kink. The segment is as ingenious as it is hilarious.

"Like everything I make, *W is for Wish* started out as a simple idea that got considerably more complicated as we went along, and then ended up costing consider-

ably more," says Kostanski.

"And of course, I had to kick in my own money to finish it. I'd say that everybody involved in The ABC's of Death 2 are working professionally in film, and like them, I found it hard to meet timelines, so I was literally finishing it at night while working doing FX on the new Guillermo del Toro film *Crimson Peak* during the day."

Kostanski's eye for design, unobtrusive wit and ability to wear many hats has given him a reputation as an artist who can make a dime look like a dollar, and one wonders what in the world he'd ever do if — God forbid — someone actually gave him a sizeable budget to play with.

"If I ever had real money, I'd pay people for a change, I think," says the filmmaker, only half joking.

"But low budgets keep you creative; they keep the brain working. So I'm fine where I am for now."

Quoted

"Like everything I make, *W is for Wish* started out as a simple idea that got considerably more complicated as we went along, and then ended up costing considerably more."

Filmmaker Steven Kostanski on his participation in the ABC's of Death 2

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Fury (14A) No Passes Fri-Sun 12:20-3:30-6:50-9:50 No Passes Mon 3:30-6:50-9:50 No Passes Tue 12:20-3:30-6:50-9:50 No Passes Wed-Thu 3:30-6:50-9:50
Gone Girl (18A) No Passes Fri-Sun 12-4-8 No Passes Mon 4-8 No Passes Tue 12-4-8 No Passes Wed 4-8 No Passes Thu 4
Interstellar (PG) No Passes Thu 8-9
John Wick (14A) No Passes Fri-Sun 12:50-3:50-7:30-10:05 No Passes Mon 3:50-7:30-10:05 No Passes Tue 12:50-3:50-7:30-10:05 No Passes Wed-Thu 3:50-7:30-10:05
The Judge (14A) No Passes Fri-Wed 9:45
Maps to the Stars (18A) No Passes Fri-Sun 1-3:35-7:15-10 No Passes Mon 3:35-7:15-10 No Passes Tue 1-3:35-7:15-10 No Passes Wed-Thu 3:35-7:15-10
Mommy (14A) No Passes Fri-Sun 12:10-3:20-6:45 No Passes Mon 3:20-6:45 No Passes Tue 12:10-3:20-6:45 No Passes Wed 3:20-6:45 No Passes Thu 3:20
Nightcrawler (14A) No Passes Fri-Sun 12:30-3:40-7-9:55 No Passes Mon 3:40-7-9:55 No Passes Tue 12:30-3:40-7-9:55 No Passes Wed-Thu 3:40-7-9:55
Ouija (14A) No Passes Fri-Sun 1:05-4-7:35-10:10 No Passes Mon 4-7:35-10:10 No Passes Tue 1:05-4-7:35-10:10 No Passes Wed-Thu 4-7:35-10:10
St. Vincent (PG) No Passes Fri-Sun 12:40-3:55-7:10-9:35 No Passes Mon 3:55-7:10-9:35 No Passes Tue 12:40-3:55-7:10-9:35 No Passes Wed-Thu 3:55-7:10-9:35

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22 Jump Street (14A) No Passes Fri 6:55 No Passes Sat-Sun 12:25-3:10-6:55 No Passes Mon-Thu 6:55
The Boxtrolls (PG) No Passes Sat-Sun 3:25
The Boxtrolls 3D (PG) Fri 7:10 Sat-

Sun 12:45-7:10 Mon-Thu 7:10
Citizen Marc (STC) No Passes Fri 7:05-9:45 No Passes Sat-Sun 12:40-3:20-7:05-9:45 No Passes Mon-Thu 7:05-9:45
Dawn of the Planet of the Apes 3D (PG) Fri-Thu 9:25
Dolphin Tale 2 (G) No Passes Fri 6:50 No Passes Sat-Sun 12:20-2:55-6:50 No Passes Mon-Thu 6:50
The Equalizer (14A) No Passes Fri 6:45-9:20 No Passes Sat-Sun 12:10-3:05-6:45-9:20 No Passes Mon-Thu 6:45-9:20
The Hundred-Foot Journey (PG) No Passes Sat-Sun 12-2:45
The Judge (14A) No Passes Fri-Thu 6:30-9:15
Kaththi (14A) No Passes Fri 7:30 No Passes Sat-Sun 12:30-4-7:30 No Passes Mon-Thu 7:30
The Maze Runner (PG) No Passes Fri 6:40-9:40 No Passes Sat-Sun 12:15-3-6:40-9:40 No Passes Mon-Thu 6:40-9:40
Men, Women & Children (18A) No Passes Fri 6:35-9:35 No Passes Sat-Sun 12:05-2:50-6:35 No Passes Mon-Thu 6:35-9:35 No Passes Sat-Sun 9:35
Teenage Mutant Ninja Turtles (PG) No Passes Sat-Sun 12:35-3:15
Teenage Mutant Ninja Turtles 3D (PG) Fri-Thu 7-9:35
This Is Where I Leave You (14A) No Passes Fri-Thu 9:30
A Walk Among the Tombstones (18A) No Passes Fri-Thu 9:30

Metro Cinema at the Garneau
8712 109 St.

Bj'rk: Biophilia Live (G) Tue 7
Closed Curtain (STC) Sat 7 Thu 7
The Congress (14A) Sat 9:15 Sun 1:30-5 Mon-Tue 9:30 Wed 7 Thu 9:15
Get On Up (PG) Sat 4 Sun 9:30 Mon 7
Horror Express (STC) Fri 9
House on Haunted Hill (STC) Fri 7
Night of the Living Dead (STC) Fri 11
Offside (PG) Sun 4
The Secret of Kells (PG) Sat 2
Zero (STC) Sat 11:45

Movies 12, 5074 130 Ave.
Bang Bang! (STC) Fri 5:30-9:05 Sat-Sun 2-5:30-9:05 Mon 5:30-9:05 Tue

2-5:30-9:05 Wed-Thu 5:30-9:05
Happy New Year (PG) Fri 4:50-5:20-8:30-9 Sat-Sun 1:15-1:45-4:50-5:20-8:30-9 Mon 4:50-5:20-8:30-9 Tue 1:15-1:45-4:50-5:20-8:30-9 Wed-Thu 4:50-5:20-8:30-9
Hercules (14A) Fri-Thu 4:25
Hercules 3D (14A) Fri 7:20-9:35 Sat-Sun 1:55-7:20-9:35 Mon 7:20-9:35 Tue 1:55-7:20-9:35 Wed-Thu 7:20-9:35
How to Train Your Dragon 2 (PG) Fri-Thu 4:10
How to Train Your Dragon 2 3D (PG) Fri 6:20-8:45 Sat-Sun 1:10-6:20-8:45 Mon 6:20-8:45 Tue 1:10-6:20-8:45 Wed-Thu 6:20-8:45
Into the Storm (PG) Fri 6:10 Sat-Sun 1:25-6:10 Mon 6:10 Tue 1:25-6:10 Wed-Thu 6:10
Let's Be Cops (14A) Fri 4:20-6:55-9:45 Sat-Sun 1:30-4:20-6:55-9:45 Mon 4:20-6:55-9:45 Tue 1:30-4:20-6:55-9:45 Wed-Thu 4:20-6:55-9:45
Lucy (14A) Fri 4:40-6:50-9:20 Sat-Sun 1:40-4:40-6:50-9:20 Mon 4:40-6:50-9:20 Tue 1:40-4:40-6:50-9:20 Wed-Thu 4:40-6:50-9:20
Maleficent (STC) Fri 4:15-6:35 Sat-Sun 1:35-4:15-6:35 Mon 4:15-6:35 Tue 1:35-4:15-6:35 Wed-Thu 4:15-6:35
Planes: Fire & Rescue (G) Fri 4-5:50-7:50 Sat-Sun 1-4-5:50-7:50 Mon 4-5:50-7:50 Tue 1-4-5:50-7:50 Wed-Thu 4-5:50-7:50
Step Up: All In (PG) Fri 8:20 Sat-Sun 3:30-8:20 Mon 8:20 Tue 3:30-8:20 Wed-Thu 8:20
Super Nani (STC) Fri 6:40-9:30 Sat-Sun 1-3:50-6:40-9:30 Mon 6:40-9:30 Tue 1-3:50-6:40-9:30 Wed-Thu 6:40-9:30
The Trial (14A) Fri 4-6:45-9:25 Sat-Sun 1:05-4-6:45-9:25 Mon 4-6:45-9:25 Tue 1:05-4-6:45-9:25 Wed-Thu 4-6:45-9:25

North Edmonton Cinemas
14231 137th Ave.

Alexander and the Terrible, Horrible, No Good, Very Bad Day (G) Fri 12:40-2:40-4:50-7:05-9:15 Sat 11:50-12:40-2:40-4:50-7:05-9:15 Sun-Thu 12:40-2:40-4:50-7:05-9:15
Annabelle (14A) Fri-Thu 10:40
Before I Go to Sleep (14A) Fri 2-5-7:20-9:40 Sat 1:35-5-7:20-9:40 Sun-Tue 2-5-7:20-9:40 Wed 5-7:20-9:40 Thu

2-5-7:20-9:40 Star & Strollers Screening Wed 1
Big Hero 6 3D (G) Thu 7-9:45
The Book of Life (G) Fri 1:30 Sat 11:10-12:15-1:30 Sun 12:15-1:30 Mon-Thu 1:30
The Book of Life 3D (G) Fri-Thu 3:55-6:30-8:50
Dracula Untold (14A) Fri-Thu 2:45-5:10-7:45-10:05
The Equalizer (14A) Fri 12:50-3:50-7-10 Sat 3:55-7-10 Sun-Wed 12:50-3:50-7-10 Thu 12:50-3:50
Fury (14A) Fri-Thu 1-4:10-7:15-10:30
Gone Girl (18A) Fri-Thu 12:30-3:40-6:50-10:10
Interstellar (PG) No Passes Thu 8
John Wick (14A) Fri-Thu 12:20-2:50-5:20-7:50-10:25
The Judge (14A) Fri-Thu 1:20-4:30-7:40
Maps to the Stars (18A) Fri-Tue 1:40-4:20-7:10-9:50 Wed 4:20-7:10-9:50 Thu 1:40-4:20-7:10-9:50 Star & Strollers Screening Wed 1
The Maze Runner (PG) Fri-Wed 12:45-3:45-6:45-9:30 Thu 12:45-3:45
The Metropolitan Opera: Carmen (STC) Sat 10:55
Nightcrawler (14A) Fri-Wed 1:50-4:40-7:30-10:20 Thu 7:30-10:20 Thu 1:50-4:40
Ouija (14A) Fri-Thu 2:30-5:30-8:10-10:35
Rango (PG) Sat 11
St. Vincent (PG) Fri 1:10-4-6:40-9:10 Sat 1:25-4-6:40-9:10 Sun-Thu 1:10-4-6:40-9:10 Sat 11:15

Princess I & II 10337 Whyte Ave.

The 100-Year-Old Man Who Climbed Out the Window and Disappeared (14A) Fri 6:45-9:05-9:15 Sat-Sun 12:45-3:15-3:30-6:45-9:05-9:15 Mon-Thu 6:45-9:05-9:15
My Old Lady (PG) Fri 6:55 Sat-Sun 1-6:55 Mon-Thu 6:55

Scotiabank Theatre West Mall, 8882 170th St.

Alexander and the Terrible, Horrible, No Good, Very Bad Day (G) Fri-Sun 12:50-3-5:10-7:25-9:40 Mon-Thu 1:20-3:50-6:45-9:10
Annabelle (14A) Fri-Sun 5:30-8:10-10:45 Mon-Wed 4:45-7:30-10:10 Thu 4:45
The Best of Me (PG) Fri-Sun 1:25-4:20-7:20-10:10 Mon-Wed 1:15-4:20-7:25-

10:15 Thu 1:15-4:05-10:15
Big Hero 6 3D (G) Thu 7-9:40
The Book of Life (G) Fri-Thu 1:30
The Book of Life 3D (G) Fri-Thu 4-6:55-9:30
Dracula Untold (14A) Fri-Sun 12:40-3:10-5:35-8-10:25 Mon-Thu 2:20-4:55-7:35-10:05
The Equalizer (14A) Fri-Wed 10:35
Fury (14A) Fri-Sun 1-4:15-7:30-10:40 Mon-Wed 1-4:15-7:20-10:25 Thu 7:20-10:25 Thu 1-4:15
Gone Girl (18A) Fri-Sun 12:25-3:40-7-10:15 Mon-Tue 2:10-6:40-10 Wed 2:10-7-10 Thu 2:10-6:40-10
Guardians of the Galaxy (PG) Fri 1:20 Sun 1:20 Mon 1:10 Tue 1:20 Wed-Thu 1:10
Guardians of the Galaxy 3D (PG) Fri-Sun 4:10-7:05-9:55 Mon-Tue 4:10-7-9:50 Wed 4:10-10:30 Thu 4:10
Interstellar (PG) No Passes Thu 8:45
Interstellar: The IMAX Experience (PG) No Passes Thu 8
John Wick (14A) Thu 7:50-10:20
John Wick: The IMAX Experience (14A) Fri-Sun 12:30-2:55-5:20-7:50-10:20 Mon-Wed 2:30-5:15-7:50-10:20 Thu 2:30-5:15
The Judge (14A) Fri-Sun 2 Mon-Thu 1:25
The Maze Runner (PG) Fri-Wed 1:50-5-7:45 Thu 1:50-4:35
The Metropolitan Opera: Carmen (STC) Sat 10:55
National Theater Live: Of Mice and Men (STC) Thu 7
Nightcrawler (14A) Fri-Tue 2-4:50-7:40-10:30 Wed 4:50-7:40-10:30 Thu 2-4:50-7:40-10:30 Star & Strollers Screening Wed 1
Ouija (14A) Fri-Sun 1:10-3:30-5:50-8:15-10:45 Mon-Thu 12:55-3:15-5:35-8-10:30
St. Vincent (PG) Fri-Sun 1:40-4:40-7:15-10 Mon-Tue 1:40-4:30-7:10-9:45 Wed 4:30-7:10-9:45 Thu 1:40-4:30-7:10-9:45 Star & Strollers Screening Wed 1

South Edmonton Common
1525 99th St.

Alexander and the Terrible, Horrible, No Good, Very Bad Day (G) Fri-Sat 12:35-3:05-5:15-7:25-9:40 Sun 12:45-3:05-5:15-7:25-9:30 Mon-Tue 1:05-3:05-5:15-7:25-9:30 Wed 1-3:05-5:15-7:25-9:30 Thu 12:55-3:05-5:15-7:25-9:30 Sat 11:05-11:35
Annabelle (14A) Fri 3:50-10 Sat 4:20-10 Sun 3:50-9:35 Mon-Wed

4:40-10 Thu 4:40-9:55
Before I Go to Sleep (14A) Fri-Sat 1-3:20-5:40-8-10:20 Sun 1-3:15-5:35-7:50-10:05 Mon-Wed 1-3:20-5:40-7:55-10:15
Star & Strollers Screening Thu 1
The Best of Me (PG) Fri-Sat 3:40-6:50-9:45 Sun 3:35-6:35-9:25 Mon-Tue 3:35-6:20-9:10 Wed 4-9:15 Thu 3:50-9:15
Big Hero 6 3D (G) Thu 7:05-9:45
The Book of Life (G) Fri-Sun 12:25 Mon-Thu 2:25
The Book of Life 3D (G) Fri-Sat 2:55-5:25-7:45-10:05 Sun 2:45-5:05-7:40-10 Mon-Wed 4:55-7:20-9:45 Thu 4:55-7:20-9:40
The Boxtrolls (PG) Fri-Sun 12:40 Mon-Thu 1:15
Dracula Untold (14A) Fri-Sat 12:45-3:10-5:55-8:25-10:45 Sun 1:40-4:20-6:55-9:20 Mon-Tue 2-4:35-6:55-9:15 Wed 2-4:35-6:55-9:30 Thu 2-4:20-6:55-10:15
The Equalizer (14A) Fri 12:55-7 Sat 1:25-7 Sun 12:55-6:40 Mon-Thu 1:35-7
Fury (14A) Fri-Sun 1:15-4:15-7:15-10:15 Mon-Thu 1:10-4:10-7:10-10:10
Gone Girl (18A) Fri-Sat 12:15-3:35-6:55-10:10 Sun 1:40-5:50-9:05 Mon-Thu 2:45-6:05-9:25
Guardians of the Galaxy (PG) Fri 1:20 Mon 1:20 Tue-Wed 1:15 Thu 1:20
Guardians of the Galaxy 3D (PG) Fri-Sat 4:10-7:05-9:55 Sun 4:10-7:10-9:55 Mon-Wed 4-7-9:55 Thu 4:05
Interstellar (PG) No Passes Thu 8
John Wick (14A) Fri-Sat 12:30-3-5:35-8:05-10:35 Sun 12:30-2:55-5:20-7:45-10:10 Mon-Wed 2:40-5:10-7:35-10:05 Thu 2:40-5:10-7:35-10
The Judge (14A) Fri-Sat 12:50-3:55-7:20-10:25 Sun 12:35-3:40-6:45-9:50 Mon-Wed 2:35-5:50-9 Thu 2:35
Maps to the Stars (18A) Fri-Sat 1:50-4:30-7:10-9:50 Sun 1:45-4:25-7:05-9:40 Mon-Thu 1:40-4:30-7:15-9:50
The Maze Runner (PG) Fri-Sat 1:05-3:45-6:30-9:35 Sun 1:05-3:45-6:30-9:35 Mon-Wed 1:05-3:45-6:30-9:20
The Metropolitan Opera: Carmen (STC) Sat 10:55
National Theater Live: Of Mice and Men (STC) Thu 7
Nightcrawler (14A) Fri 2-4:50-7:40-10:30 Sat 11:10-2-4:50-7:40-10:30 Sun 1:20-4:05-7-9:45 Mon-Wed 1:20-4:05-6:50-9:40 Thu 6:50-9:35 Thu 1:50-4:45

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Ouija (14A) Fri-Sat 1:10-3:30-5:50-8:20-10:40 Sun 1:10-3:25-5:40-7:55-10:10 Mon-Thu 1:15-3:30-5:45-8-10:15
Rango (PG) Sat 11
St. Vincent (PG) Fri-Sat 12:20-2:50-5:20-7:50-10:30 Sun 12:50-3:30-5:55-9 Mon-Wed 1:25-3:55-6:35-9:20 Thu 3:35-6:35-9:10 Star & Strollers Screening Thu 1
Vikings From the British Museum (STC) Sun 12:55 Wed 7:30

TELUS World of Science Edmonton Space And Science Centre, 1121-142 St.

D-Day: Normandy 1944 (PG) Fri-Sat 5:45 Sun 12 Mon 4:20 Tue 11 Wed 4:20 Thu 11
Flight of the Butterflies 3D (G) Wed 11
Flight of the Butterflies 3D (G) Fri-Sun 11-4:35
Indiana Jones and The Raiders of the Lost Ark: The IMAX Experience (14A) Fri-Sat 8:05 Sun 5:45

Island of Lemurs: Madagascar 3D (G) Fri 2:15 Sat-Sun 10-2:15
Jerusalem 3D (G) Thu 2
Pandas: The Journey Home 3D (G) Fri-Sat 1:10-3:25-6:55 Sun 1:10-3:25 Mon-Tue 3:10 Wed-Thu 1:10-3:25
Rocky Mountain Express (G) Sat 12 Mon 2 Tue 1

Galaxy Cinemas Sherwood Park, 2020 Sherwood Dr., Sherwood Park

Alexander and the Terrible, Horrible, No Good, Very Bad Day (G) Fri 4:55-7:10-9:25 Sat-Sun 12:20-2:35-4:55-7:10-9:25 Mon-Thu 7:40-9:55
Annabelle (14A) Fri-Sun 4:10-9:35 Mon-Wed 9:40
The Best of Me (PG) Fri 6:40 Sat-Sun 1:15-6:40 Mon-Wed 6:40
Big Hero 6 3D (G) Thu 7:05-9:50
The Book of Life (G) Sat-Sun 12:15-2:40
The Book of Life 3D (G) Fri-Sun 5:10-7:40-10:05 Mon-Thu 7-9:30
Dracula Untold (14A) Fri 4:45-7:15-9:45 Sat 11:45-2:15-4:45-7:15-9:45 Sun 2:15-4:45-7:15-9:45 Mon-Wed 7:20-9:50 Thu 6:35
Fury (14A) Fri 3:50-7:10-10 Sat-Sun 12:40-3:50-7-10-10 Mon-Thu 7:50
Gone Girl (18A) Fri 6:50-10:15 Sat-

Sun 12-3:25-6:50-10:15 Mon-Thu 8
Interstellar (PG) No Passes Thu 9
John Wick (14A) Fri 5:15-7:50-10:20 Sat-Sun 12:10-2:45-5:15-7:50-10:20 Mon-Thu 7:10-9:45
Nightcrawler (14A) Fri 4:35-7:30-10:25 Sat-Sun 1:40-4:35-7:30-10:25 Mon-Thu 6:30-9:25
Ouija (14A) Fri 5:35-8-10:25 Sat-Sun 12:45-3:10-5:35-8-10:25 Mon-Thu 7:30-9:55
Rango (PG) Sat 11
St. Vincent (PG) Fri 4:40-7:20-10 Sat 11:20-2-4:40-7:20-10 Sun 2-4:40-7:20-10 Mon-Thu 6:50-9:35

Leduc Cinemas 4702 50th St., Leduc The Book of Life (G) Sat-Sun 12:50

Tue 6:50
The Book of Life 3D (G) Fri 6:50-9 Sat-Sun 3:25-6:50-9 Mon 6:50-9 Tue 9 Wed-Thu 6:50-9
Fury (14A) Fri 6:30-9 Sat-Sun 12:15-3:15-6:30-9 Mon-Thu 6:30-9
John Wick (14A) Fri 6:40-9:20 Sat-Sun 12:40-3:20-6:40-9:20 Mon-Thu 6:40-9:20
Ouija (14A) Fri 6:50-9:25 Sat-Sun 12:50-3:10-6:50-9:25 Mon-Thu 6:50-9:25
Cineplex Odeon Winder-
mere & VIP Cinemas
6151 Currents Drive NW
Big Hero 6 3D (G) Thu 7-9:45
The Book of Life (G) Sat 12:40 Sun 12:30
The Book of Life 3D (G) Fri

3:30-5:55-8:20-10:45 Sat 3:10-5:40-8:10-10:40 Sun 2:55-5:20-7:45-10:05 Mon-Wed 6:35-9
David Bowie Is (PG) Thu 7:30
Dracula Untold (14A) Fri 3:35-5:55-8:20-10:45 Sat 12:35-3:15-5:45-8:15-10:45 Sun 3:5-25-7:50-10:15 Mon-Tue 7-9:25 Wed 9:35
Fury (14A) Fri 3:45-6:55-10:10 Sat-Sun 12:25-3:45-6:50-10:10 Mon-Thu 6:40-9:45 Fri 4-7:20-10:45 Sat 12:15-3:45-7-10:20 Sun 12:30-3:40-6:50-10:15 Mon-Wed 7:05-10:15
Gone Girl (18A) Fri 3:30-6:50-10:20 Sat 12:20-3:40-7-10:25 Sun 12:15-3:35-6:55-10:15 Mon-Wed 6:30-9:50 Thu 9:55 Fri 3-6:40-10:10 Sat 1-4:30-6:20-9:50 Sun 2:15-6-9:40 Mon-Wed 8 Thu 6:45-10:15
Interstellar (PG) No Passes Thu 8 No

Passes Thu 8
John Wick (14A) Fri 4-6:40-9:20 Sat 12:30-3-5:30-8-10:30 Sun 12:50-3:20-5:50-8:20 Mon-Thu 7:05-9:40
Nightcrawler (14A) Fri 4:20-7:10-10 Sat-Sun 1:30-4:20-7:10-10 Mon-Wed 6:50-9:40 Thu 6:45-9:55
Ouija (14A) Fri 3:40-6-8:25-10:50 Sat 12:45-3:05-5:25-7:45-10:15 Sun 12:40-3-5:20-7:40-10 Mon-Thu 7:10-9:30
St. Vincent (PG) Fri 4:40-7:20-10:05 Sat 12:15-2:50-5:20-7:50-10:20 Sun 12:20-3:15-5:55-8:35 Mon-Tue 6:45-9:20 Wed 7-9:50 Thu 6:50-9:35 Fri 3:30-6:10-9:20 Sat 12:35-3:15-8-10:50 Sun 1:15-5:05-8:30 Mon-Wed 6:30-9:30
Vikings From the British Museum (STC) Sun 12:55 Wed 7:30



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3 songs for the weekend

Sound Check

ALAN CROSS



A modern take on the Monster Mash, a spooky track from Daemon and a public health message about Ebola



Modern Monster Mash/Key of Awesome

Bobby "Boris" Pickett released the Monster Mash way back in 1962. Finally, someone has brought the song into the 21st century. (Slightly NSFW.)



The Returned/Daemon

If you're looking for something spooky but more ambient, try this track from San Francisco-based producer Daemon.



Ebola in Town/D-12, Shadow & Kuzzy of 2Kings

A dance hit from western Africa that tells people what they should do in order to avoid contracting Ebola. Hey, whatever it takes to get the message out, right?

See that symbol? It means you can scan this image with your Metro News app to listen to Alan's recommended songs this week.

Mind the App

Who you gonna pinball?



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Ghostbusters Pinball
iPhone/iPad/Android
Free

It's slime time with this Ghostbusters pinball machine loaded with movie music and effects. There are eight flippers to trigger multi-ball, cross the streams, and hopefully defeat the Stay Puft Marshmallow Man.



Video game review



Name. Sunset Overdrive

For. Xbox One

Rated. Mature 17+

When a new fizzy drink triggers a zombie-mutant apocalypse, your ability to skateboard, grind power lines and punk-parkour street obstacles prove valuable to a group of misfits. While most games reward you with fanfare, Sunset Overdrive uses boundless creativity, dropping gags and hilarious characters across a sprawling city of fun tasks and customizations. Vinyl record-shooting rifles and acidic lawn sprinklers are among the gimmicks that prove what's crazy can also be smart and keep you coming back for more. **KRIS ABEL**



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NORTHLANDS THEATRE



Kendall and Kylie Jenner ALL PHOTOS: GETTY IMAGES

Dreams dashed for Kendall and Kylie as fans aren't buying what they're selling

They can't all be bestsellers, apparently. Since debuting in June, the sci-fi YA novel "written" by Kendall and Kylie Jenner, *Rebels: City of Indra*, has sold just 13,000 copies, which is totally not cute. So it's safe to assume the teens' long-term goals of launching a film franchise based on the book aren't going to pan out

either. "We were saying, if we were to do a movie, like, what would we want to do?" one of them explained during an interview with *Good Morning America* promoting the book's launch. "Like, if we were to be in it, like what movie would we want to be in?" That's a pretty big "if," young lady.

Aniston comes clean after being spotted without engagement ring

Several corners of the Celebrity Industrial Complex quaked with fear this week when Jennifer Aniston was spotted without the flashy engagement ring given to her by fiancé Justin Theroux. Was everything OK between the pair? Is the wedding off? Which *Friends* co-star will she turn to first for comfort? But don't worry, false alarm everyone. "Everyone should calm down," Aniston's rep says. "The ring was just being cleaned and is safely back on her hand." Oh good. By the way, I hope can we start a



Jennifer Aniston

trend of beginning every official statement with "Everyone should calm down." Or is that usually implied?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What are the Terminator producers secretly up to?



NED EHRBAR
Metro in Hollywood

It was probably foolish to have any optimism at all about the new *Terminator* film due next summer — especially once its title, *Terminator Genisys*, was revealed. But now any hope for a decent entry into the franchise is gone.

In a first look at the film in *Entertainment Weekly*, some extremely troubling plot details are revealed: In this edition, young Sarah Connor (now played by *Games of Thrones* star Emilia Clarke) "was orphaned by a Terminator at the age of nine. Since then, she's been raised by ... (Arnold) Schwarzenegger's Terminator — an older T-800 she calls Pops — who is programmed to guard rather than kill."

So does this mean that they're undoing the events of the first two films? Which happen to be the only good ones in the franchise? The film's production wrapped in August, but maybe it's not too late to send a screenwriter back in time and fix this.

But the news does at least feed into my Termin-



ator behind-the-scenes theory: After defying the odds and making an awesome low-budget sci-fi movie followed by a groundbreaking, genre-defining sequel, the producers realized they could never top themselves, so they secretly set out to make each film successively worse. I didn't say it was a good plan.

Is it too late to scrap this movie and just bring back *The Sarah Connor Chronicles*?



Ben Affleck

Pass the sprinkles! Affleck and Damon bond over frozen yogurt

Ben Affleck finally returned Matt Damon's phone calls, apparently, as the *Good Will Hunting* scribes are teaming up to executive produce a new single-camera sitcom from 30 Rock writer Colleen McGuinness for Fox. And

while the show doesn't have a title yet, it does have a ridiculously awesome-sounding premise: A young frozen yogurt shop employee suddenly discovers she has telekinetic powers. Sign me up.

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Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Give dessert a disguise

Zebra Cake. Cutting into this dessert offers a delicious surprise



RICARDO COOKS
Chef Ricardo
Ricardo Magazine

1. With rack in middle position, preheat oven to 350 F.
2. Butter 8-inch (20 cm) spring-form pan and line bottom with parchment paper. Set aside.
3. In a bowl, combine flour, baking powder, salt. Set aside.
4. In another bowl, beat eggs with the sugar and vanilla until the mixture lightens and forms a ribbon. Drizzle in the oil while

Ingredients

- 2 1/2 cups (625 ml) unbleached all-purpose flour, sifted
- 2 1/2 tsp (12 1/2 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3 eggs
- 1 1/2 cups (375 ml) sugar
- 1 tsp (5 ml) vanilla extract
- 1 cup (250 ml) canola oil
- 1 cup (250 ml) milk
- 1/4 cup (60 ml) cocoa powder, sifted
- Two 3 tbsp (45 ml) ice cream scoops
- Chocolate Ganache**
- 1/4 cup (60 ml) warm 34% cream
- 3 oz (85 g) dark chocolate, chopped
- Icing**
- 1 cup (250 ml) icing sugar
- 1 tbsp (15 ml) water



This recipe serves 10. COURTESY RICARDOCUISINE.COM

beating. At low speed, add the dry ingredients alternately with the milk until smooth.

5. Divide batter evenly into two separate bowls. Whisk cocoa powder into one of the bowls.

6. With 3 tbsp (45 ml) ice cream scoop, pour chocolate batter in centre of pan and allow to spread 20 seconds. With second ice cream scoop, pour same amount of vanilla batter in centre of chocolate batter. Al-

low again to spread 20 seconds. Repeat two steps alternately until all batter as been used. Bake 1 hour and 10 minutes or until a toothpick inserted in the centre of cake comes out clean. Let cool for 15 minutes. Unmould from the pan and let cool completely on a wire rack.

Chocolate Ganache

1. In a bowl, pour cream over dark chocolate. Let melt 1 minute. Whisk until smooth. Spread ganache on cake, letting

it slightly run down the sides.

Icing

1. In bowl, combine 1 cup (250 ml) of icing sugar with 1 tbsp (15 ml) of water. With pastry bag fitted with small tip, apply spiral of icing on ganache. From centre of spiral, drag tip of a knife outward to form a spider web. **FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED THIS SEPTEMBER!**

Liquid Assets

An array of ghoulish sips



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Halloween treats aren't just made for kids.

The variety of All Hallow's Eve-inspired adult libations has never been greater, which means you can have a sip of the season while waiting for fairy princesses and geeks in homemade hazmat suits to come knocking on your door.

Pumpkin beers are all the rage. The Maritimes can get its gourd on thanks to Propeller Brewery's Pumpkin Ale (6x341ml, \$13.25). For Ontario, craft beer fans have Great Lakes' Pumpkin Ale (650ml, \$4.95). And readers out west can enjoy Howe Sound's Pumpkineater Imperial Pumpkin Ale (1L, \$8.75).

SNL veteran Dan Aykroyd ships his Crystal Head Vodka (\$44.98 - \$54.99) in a spooky bottle shaped like a human skull, making it the ultimate way to Halloween-up your Bloody Caesar.

In wine, the devil is hotter than, well, you know where. The just-

released 2012 Diabolica Red (\$13.99 - \$18.99) is from B.C.'s Okanagan Valley. A merlot-led blend of five grapes, its balanced mix of cherry and red licorice tastes heavenly.

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HEALTH & WELLNESS



SHUTTERSTOCK

Think about others during cold/flu season

Stay home if you are suffering symptoms

It's Monday morning and you have woken up with a sore throat, runny nose, and an achy feeling throughout your body.

What should you do?

Stay home, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont.

Cold and flu germs spread easily, and it's important to avoid sharing germs when you are sick.

Stay home from work or school and any errands if they put you in close proximity of others. You definitely shouldn't ride public transit. If you have cold or flu symptoms, stay away from populated areas so you don't share your symptoms with others, Hubley says.

"You should be thinking about not just yourself but other people, too."

At the same time, a sick employee is typically not a productive one.

At home, cover your mouth and nose with a tissue when coughing or sneezing. Be sure to wipe surfaces such as the phone and keyboard. Remember, you can reinfect yourself with germs.

Take care of yourself by drinking plenty of fluids and getting plenty of rest.

HOW DO YOU FEEL?

While a cold tends to be inside your head, the flu causes symptoms all over your body, including:

- Fever or feeling feverish
- Cough
- Sore throat
- Muscle aches and fatigue
- Loss of appetite
- Runny or stuffed nose
- Chest discomfort
- Headache

Health Canada says some people may also have stomach upset and pain, vomiting and diarrhea. Not everyone with the flu will have a fever.

Healthycanadians.gc.ca recommends that you stay home if you do get sick until your symptoms are gone. If you are at all concerned about your symptoms, contact your doctor.

Symptoms provide the best clues as to whether or not a person is contagious or not well enough to work. If you are sniffing but have no other symptoms, it may be you are experiencing an allergic reaction. In that case, you should go to work. — Ylva Van Buuren

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Local Pessimist turns Advocate for



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Inspired by her best friend Anita's success at the U Weight Loss Clinics™ in St Albert, 28 year old Amber Versteeg decided to overcome her fear of failure and give weight loss just one more chance. "I had unsuccessfully tried so many diets and was truly afraid of failing again. Even though I saw Anita, her fiancé and her mom ALL lose weight in the St Albert Clinics™, I wasn't sure it would actually work for me."

8 LBS AND 10 INCHES GONE IN FIRST WEEK

All that changed after her very first week on Program when Amber dropped 8 pounds and 10 inches. She was ecstatic to discover how easy the program was and how much support she received from the health coaches, most of whom were former clients. Thousands of recipes made meal choices a breeze and almost immediately she noticed a distinct change in her energy level and overall health.

ANTI-DEPRESSANTS CAUSED WEIGHT GAIN

Amber had always struggled with extra weight and the whole process of dieting and failing just made matters worse. In 2008, an accident left Amber with back and leg pain and further frustrated by additional weight. Like many women who struggle with weight issues, Amber took antidepressants and struggled to appear happy. Unfortunately, a common side effect of antidepressants is more weight gain...and so the cycle continued. "The other diets I tried worked for a brief time. They required too much work and too much time and although I always started with enthusiasm, the challenges would prove too much. I work full time in an office environment and have a part time business baking cakes. I needed something simple that worked."

THE U WEIGHT LOSS PROGRAM IS DIFFERENT

From the beginning, the U Weight Loss Program was totally different. The doctors and nutritionists who put the program together really knew what they were doing. The meals were quick and easy to prepare and I enjoy everything from apricot chicken to cheese cake...The results are amazing."

FROM SIZE 18 TO SIZE 12

In just 10 short weeks, Amber went from size 18 to size 12! She is totally off antidepressants and her back and knees are greatly improved. "I no longer PRETEND to be happy, I'm genuinely thrilled. I have started swimming again and my walks with my puppy are much longer. I'm already fitting into my high school jeans!"

HALF WAY THERE

"10 weeks ago, I was probably St. Albert's biggest pessimist when it came to diets and weight loss. I have to tell you the U Weight Loss Clinics™ is NOT a diet, but rather an education. It's a lifestyle that is so easy and can change your life so quickly. In just 10 weeks, I'm more than half way there. I'm excited to lose the rest of these extra pounds and to get on with my life. I am particularly excited to be bridesmaid at Anita's wedding."

"I know how miserable it is to carry extra weight, to feel ill at ease in your own body and to avoid drawing attention to yourself. My life is changing in every way that matters. I hope my story can be a call to action and inspire others with similar struggles."



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Want the secret to healthy digestion?

Just add water

Everybody wants to have a healthy stomach. Yet, when it comes to understanding our digestive systems, many Canadians are wet behind the ears.

A recent study by the Canadian Digestive Health Foundation revealed that common problems like heartburn and constipation affect millions of people, yet many of those who suffer are not receiving effective treatment.

If you, too, are looking to take control of your digestive health, the first step is simple: Just add water.

Water is the essential fluid on which all life depends. It makes up 60 per cent of the average person's weight and it carries out such essential tasks as flushing toxins, transporting nutrients and regulating body temperature. Water also propels the digestive system by lubricating the two main pathways through which food is processed — the large and small intestine.

Drinking sufficient water is the first step towards giving the digestive system what it needs to function. Health Canada advises drinking water "regularly," and you can try

such easy tricks as always having a full glass on your desk, or carrying a bottle during physical activity and spicing it up with fruits, herbs and other infusions.

Water sometimes needs a bit of help, however,

in order to do the most for the digestive system.

Regular exercise and a diet that is high in healthy fibre work as a team with water to keep the digestive system humming. Adults should consume between 21 and 38 grams of fibre each day, ideally

from fruits, vegetables and whole grains.

For most people, occasional digestive problems can occur despite a healthy lifestyle. For example, constipation — a condition that affects the body's ability to comfortably eliminate waste — affects approximately 25 per cent of Canadians. When occasional constipation occurs, some health-care experts recommend reaching for what they call a PEG 3350 laxative, which softens stools by gently bringing water into the bowel. Working with the body's natural functions, this type of laxative increases the frequency of bowel movements and improves the ability of a stool to pass through more easily.

Available over the counter at pharmacies and drugstores, PEG 3350 laxatives are generally recognized as being gentle and having relatively few side-effects. They are different from stimulant laxatives, which trigger contractions of intestinal muscles and may lead to such side-effects as gas, cramps and bloating.

Also, PEG 3350 laxatives are easy to consume — simply mix a powder into water, tea or any non-alcoholic beverage.

— News Canada



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HAIR LOSS AFFECTS WOMEN

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While men are accustomed to hair loss, people might be surprised to learn how many women are similarly affected.

Approximately one in four women suffer from some form of hair loss and not just after menopause, says Tropicalaser owner Maie Kellerman, who adds there are options for those who suffer from the condition — both men and women.

While it is often more acceptable for men to suffer from hair loss, women have a lot harder time accepting the loss of their hair and may not be aware there are remedies.

"We offer a multi-therapeutic treatment solution that combines premium hair loss products with laser treatment and the combination is highly effective," Kellerman says.

The International Society for Hair Restora-

tion Surgeons report statistics that show 100 per cent of subjects saw an increase in hair growth, while 97 per cent saw hair growth of more than 20 per cent. Furthermore, 77 per cent of subjects saw more than 51 per cent hair growth. That is for suitable subjects, but the numbers are astonishingly high.

"These are astounding numbers and really encouraging for people suffering from hair loss," Kellerman says. "We do want to spread the message so that more people can benefit from the treatment."



CONTRIBUTED



SHUTTERSTOCK

Eczema Society of Canada aims to raise awareness

Eczema is more than just dry skin for someone who suffers from the painful condition.

That's why the Eczema Society of Canada (ESC) is raising awareness about the frustrating and burdensome condition during the month of November, which has been dubbed Eczema Awareness Month in Canada.

"Eczema can significantly and negatively impact the life of an eczema sufferer and

their family," says Amanda Cresswell-Melville, executive director of ESC.

While many people perceive eczema as simply dry skin, it can be much more complex for those who suffer from a severe form of the condition. Eczema can develop into extremely dry, red, inflamed skin that is particularly itchy and painful.

"When a child has eczema, it can impact their sleep, self-esteem, mood and even

their school day," Cresswell-Melville says. "There are many misconceptions about eczema, so many feel isolated. The condition is not contagious, it's OK to hold their hand."

Eczema affects an estimated 20 per cent of Canadians and it's not only children who suffer. Adults suffer with eczema as well, including hand eczema, which is another debilitating condition.

"Imagine not being able to tie your own shoes or button your clothing. Severe hand eczema is an extremely distressing condition, which often leaves sufferers feeling helpless and hopeless. Our message is that we are here to help — there is hope."

More information about the Eczema Society of Canada is available at eczemahelp.ca.

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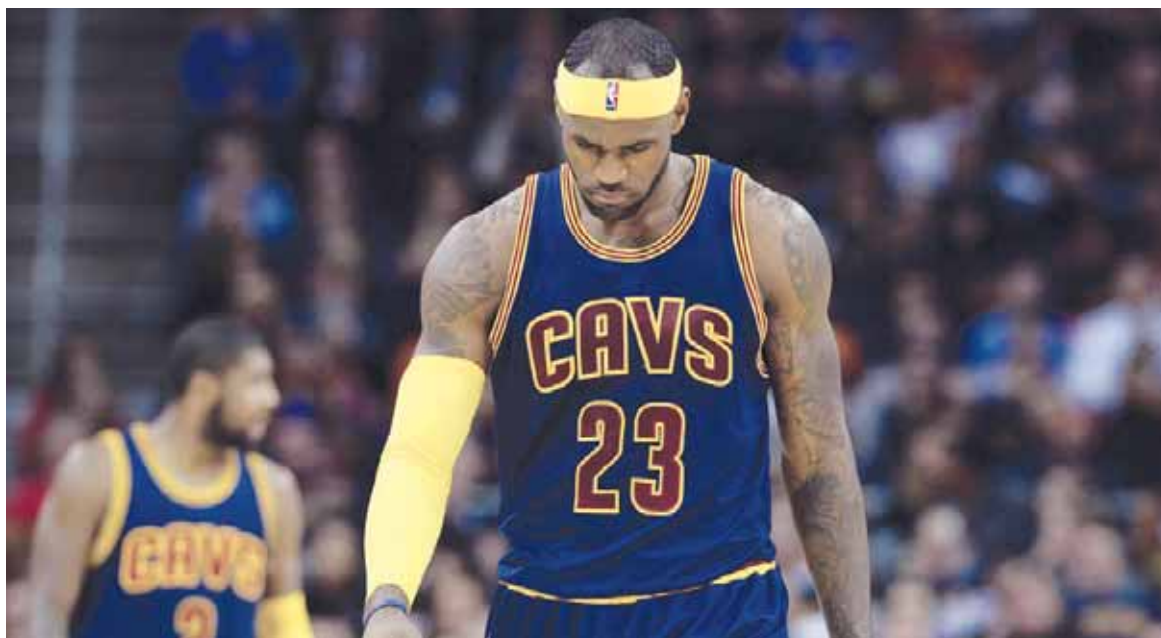
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LeBron James shot 5 of 15 from the field and had eight turnovers as the Cavaliers fell 95-90 to the New York Knicks in the home opener in Cleveland.
JASON MILLER/GETTY IMAGES

LeBron recedes from spotlight in opener

NBA. Knicks spoil party in superstar native son's return to Cleveland

LeBron James struggled from the start in his first game with Cleveland in four years, and the New York Knicks ruined the megastar's emotional homecoming with a 95-90 win over the Cavaliers on Thursday night.

James, who returned to the Cavs and his native Ohio this summer after winning two NBA titles in Miami, fin-



ished with 17 points on 5-of-15 shooting. He also committed eight turnovers and never looked comfortable on a night when the entire city — and a star-studded crowd — celebrated his comeback.

Carmelo Anthony scored

25 points and buried a jumper with James in his face with 25 seconds left to give the Knicks a 92-87 lead.

Kyrie Irving scored 22 and Kevin Love added 19 points and 14 rebounds for the Cavs, who have some work to do before they can start thinking about any titles.

Iman Shumpert and Jason Smith had 12 points apiece for the Knicks, who were embarrassed at home on Wednesday by Chicago.

James was greeted with a thunderous ovation before the game by Cleveland fans, who had been counting down the

days until the opener since he announced his return in a touching essay on July 11.

This was more than a game for Cleveland. It was a homecoming, an event and a city-wide block party rolled into one.

The Knicks wrecked it. Cleveland's best highlights came before the game.

Afraid to miss a single moment, the sold-out crowd, which included pop star Justin Bieber, Browns players Johnny Manziel and Joe Haden, and R&B artist Usher, stood as soon as James emerged from the tunnel. **THE ASSOCIATED PRESS**

MLB

Bumgarner caps off a great season with donation

Madison Bumgarner's World Series performance earned him a spot in the Hall of Fame — well, at least for his caps.

The San Francisco Giants ace donated caps he wore during his Game 1 and 5 wins against Kansas City plus his hat from his Game 7 save Wednesday night.

The Hall said it also collected the spikes of Game 7 winner Jeremy Affeldt plus Buster Posey's bat from the World Series finale and Pablo Sandoval's jersey.

Hunter Pence's bat from Game 4, when he had three hits and three RBIs, also is headed to the Hall, located in Cooperstown, New York.

THE ASSOCIATED PRESS

MLB

Boston Red Sox sign closer through 2016

The Boston Red Sox have signed closer Koji Uehara for two more years.

The all-star reliever will earn \$18 million through 2016.

Uehara joined the Red Sox in 2013 and earned the closer's role midway through the season. He was a key part of the team that won the franchise's third World Series in 10 years, striking out Matt Carpenter for the final out in Game 6 last year.

He finished 2014 with a 6-5 record and an ERA of 2.52. **THE ASSOCIATED PRESS**

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Fleury, Penguins shut out Kings

NHL. Veteran goalie makes 35 saves to earn his 30th career shutout

Marc-Andre Fleury made 35 saves in his 30th NHL shutout, and Chris Kunitz had two goals in a three-point game to lift the Pittsburgh Penguins to a 3-0 victory over the Los Angeles Kings 3-0 on Thursday night.

Kris Letang scored his first goal of the season, and Evgeni Malkin became the fifth player in team history to register 400 assists as the Penguins used their dominant power play and a steady performance from Fleury to hand the defending champion Kings just their second regulation loss.

Pittsburgh went 2-for-6 with the man advantage, including two first-period goals that put the Kings on their heels.

Martin Jones made 20 saves for Los Angeles, but the Kings

failed to score for the second time in 10 games this season.

The Penguins took the ice with a bit of an emotional jolt on a night the team took part in the Hockey Fights Cancer campaign. Pittsburgh wore purple jerseys during warmups and started defenceman Olli Maatta, who will undergo surgery next week to remove a potentially cancerous tumour from his thyroid.

The crowd chanted the 20-year-old Maatta's name at several points, but it was the Penguins' unparalleled power play that brought them to life.

The Kings drew four minors in the first period, and the Penguins pounced. Kunitz flipped in his fourth goal of the season off a slick fake shot-pass from Malkin during a 5-on-3 power play 9:16 into the game. Letang doubled the lead six minutes later when he slipped the puck between Jones' legs with the Penguins up a man.

Pittsburgh began the night

Ailing rulers

The Kings are 6-2-2 despite injuries to forward Marian Gaborik and defenceman Trevor Lewis and the suspension of defenceman Slava Voynov. Los Angeles lost another vital piece when Anze Kopitar sustained an upper-body injury against Columbus on Sunday.

- Kopitar skated Thursday morning but sat out for a second straight game.
- The Kings called up forward David Van der Gulik from the AHL to give them a full roster of 20 healthy bodies

atop the league, converting 41 per cent of its chances with the man advantage.

THE ASSOCIATED PRESS



The Penguins' Patric Hornqvist, left, and the Kings' Alec Martinez battle for position in Pittsburgh on Thursday night.

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Tennis

Raonic eyes spot in ATP Finals

Canadian Milos Raonic defeated Spain's Roberto Bautista-Agut 7-5, 7-6 (7) to advance to the quarter-finals at the Paris Masters and remain alive in his bid to qualify for the season-ending ATP Finals.



Milos Raonic
GETTY IMAGES

After some uneven play in recent weeks, Raonic's confidence appears to be growing with each match. The 23-year-old can lock up a spot in the eight-man field next month by winning the Paris title.

"I'm not letting it get to me, but I realize the importance of these matches," said Raonic, who served as alternate at the ATP Finals a year ago. "But this week is not just about trying to make London."

"If this is about where everything this season is going to finish, I want to go out there at 100 per cent and make the most out of it all."

Raonic is currently 10th in the London points chase.

THE CANADIAN PRESS

CFL. Redblacks hope to reward fan base by beating Ticats in season finale

There has been little to celebrate at TD Place this season with the Ottawa Redblacks' 2-14 record, but that hasn't stopped fans from throwing their unwavering support behind the new football club.

The Redblacks host the Hamilton Tiger-Cats (7-9) Friday night in their last home game of the year and as of Thursday afternoon, the team was anticipating a ninth consecutive sellout.

Head coach Rick Campbell says he would love nothing more than to send fans home with a victory as their final memory of their inaugural season.

"If that (sellout) happens, it's a pretty cool deal and a pretty big deal that you could sell out a whole season of a brand new football team," said Campbell. "We want to give our fans something to cheer about. Our guys don't take it lightly about having a sellout for the whole season. It's a big deal and our players know it's a big deal."

In addition, Ottawa has the opportunity to play the role of spoiler. The Tiger-Cats, tied with Toronto for second in the East Division, are looking to



Roy Finch of the Redblacks rushes the ball against the Tiger-Cats on Oct. 17 in Hamilton.

CLAUS ANDERSEN/GETTY IMAGES

make the post-season; a win over the Redblacks could be essential to their playoff hopes.

"If there's one team and one game we want to win, it's this game right here," said Redblacks quarterback Henry Burris, who played for the Tiger-Cats last season and was released in the off-season. "Teams have played spoiler for us in our new season so hopefully we can play spoiler on this occasion."

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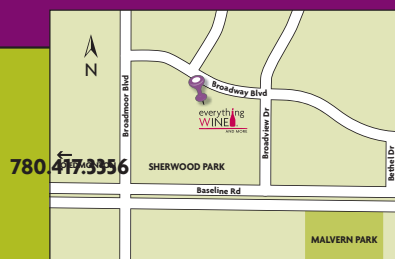
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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

You have a reputation for acting on impulse but today you will show it is not entirely deserved. For best results, think about what you would like to be doing a year from now.

Taurus

April 21 - May 21

Just because something is popular does not mean you have to join in with it too. You are unlikely to be successful if you slavishly follow the herd.

Gemini

May 22 - June 21

You have strong opinions about certain issues and will make sure they get heard over the next 24 hours. You must though expect to arouse equally strong opinions in other people.

Cancer

June 22 - July 23

If your instincts tell you that an offer is too good to be true then you must turn it down, no matter how much others promise you will gain. There is no such thing as a sure thing.

Leo

July 24 - Aug. 23

The more difficult a task is, the more determined you will be to make a success of it. With help from Mars and Jupiter over the next few days you'll go a long way by this time next week.

Virgo

Aug. 24 - Sept. 23

There is something you need and there is only one person who can give it to you, so you are going to have to ask.

Libra

Sept. 24 - Oct. 23

According to the planets a loved one is going through a bad patch and you alone can help them get out of it.

Scorpio

Oct. 24 - Nov. 22

What others expect of you bears no relation to what you expect of yourself, so there is room for confusion. Tell them that your plans come first.

Sagittarius

Nov. 23 - Dec. 21

You may not realize it yet but you are on the cusp of a turning point in your life, one you will look back on in years to come and say, "That's when it started get good". Good things can happen today as well.

Capricorn

Dec. 22 - Jan. 20

You may not enjoy the situation you find yourself in today but the good news is if you take the chance to deal with it now it won't bug you again.

Aquarius

Jan. 21 - Feb. 19

You may not want to hurt a friend's feelings by saying something brutal but you are beginning to realize it may be the only way to make them see sense. Time for tough love.

Pisces

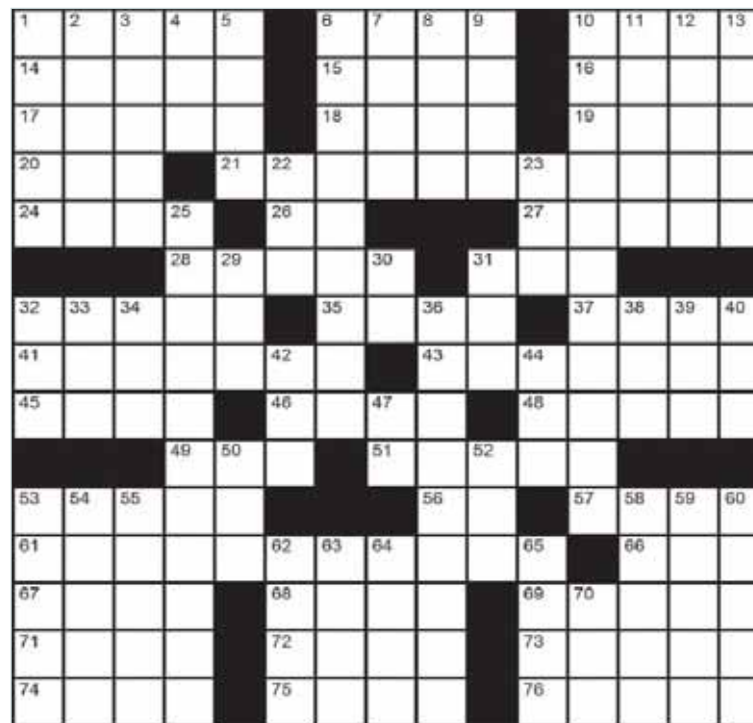
Feb. 20 - March 20

Don't be afraid to take on more duties over the next few days, especially if you are involved in a joint creative project. The deeper you get involved, the better things will turn out.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Halloween haunter
6. Commotions
10. Nero's 1104
14. Sharp object
15. "Falling Skies" star Mr. Wyle
16. First-rate
17. "He Knows You're ___" (1980)
18. "Black Swan" (2010) garb
19. ___ and gore
20. Canal city in Italy [abbr.]
21. 1985 Roddy McDowall thriller: 2 wds.
24. Green-___ monster
26. Hosp. drip
27. Pains
28. Sharp-___ (Like a knife)
31. Sit-ups targets
32. Ritual site
35. Nopes
37. Snaky spots
41. He died Halloween 1926
43. Halloween Treats ...chocolate bar!: 2 wds.
45. Dr. Frankenstein's helper
46. Indigo
48. ___ days
49. Wrath
51. Disinfectant brand
53. Torment
56. ___-Fi
57. Fight
61. 2000 Canadian horror movie: 2 wds.
66. "___ scientist."



...said Victor Frankenstein

67. Busy as ___: 2 wds.

68. "Take ___ face value."

69. "The Birds" (1963) star Ms. Hedren

71. "___ Window" (1954)

72. "___ Fear" (1991)

73. "A Nightmare ___

Street" (1984)

74. Slitherer's sounds

75. Broadway star

Linda of Jekyll & Hyde

76. Q. "How does

'wolf' begin?" A.

"With '___', _ think."

(1999) star, ___ Joel

Osment

3. ___ layer

4. "The ___ of Franken-

stein" (1939)

5. Not kosher

6. Toxic bite treat-

ment

7. Mr. Savant of "God-

zilla" (1998)

8. Pledge

9. Closed

10. Cauldron cre-

ations: 2 wds.

11. "Ahem!"

12. Stake ___ heart

(Vampire eliminator)

13. Suit pieces

22. Fix

23. Capture

25. 1988 David

Cronenberg directed

thriller: 2 wds.

29. Antiperspirant,

Soft & ___

30. Prosecutor, for

short

31. Fireplace residue

32. Sushi tuna

33. Journal

34. Your, in Italy

36. Exorcism need:

2 wds.

38. Polit. designation

39. Three, in Tuscany

40. Prefix with 'thesis'

42. Scot's no

44. Owl's noise

47. French pronoun

50. Cereal grass

52. Small swallow

53. Petri dish gels

54. Wisecracks,

variantly

55. "Is this ___

scary?" ...horror

movie chooser's

query

58. "Carrie" (1976)

actress Ms. Laurie

59. Plentiful

60. "The Evil Dead"

(1981) director Sam

62. The Vampire

Chronicles writer

Anne

63. Dutch for 'city'

64. Neck's back

65. Pack

70. 'Serpent' suffix

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	3	7	8	6	1	9	5	4
6	4	8	5	2	9	7	1	3
1	9	5	4	3	7	8	6	2
7	5	9	6	1	2	4	3	8
3	6	4	9	7	8	1	2	5
8	1	2	3	4	5	6	7	9
5	8	3	1	9	6	2	4	7
4	7	1	2	8	3	5	9	6
9	2	6	7	5	4	3	8	1

Conceptis Sudoku

By Dave Green

2	6						5	
7				5	9			4
				4	2		9	
	1						6	
	4			8	9			
3				2	7			8
	8						4	5

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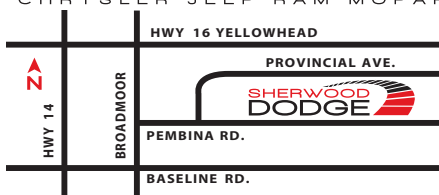
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